



# **Take Breast Cancer off Your Menu: How to Prevent Breast Cancer or Stop it Returning. New Evidence Reveals Amazing Protector Foods**

*Hilda Glickman*

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'Well written and well researched...I would agree with the explanation and advice...I would highly recommend it.' Professor Robert Thomas, Consultant Oncologist, Bedford Hospital. Every ten minutes another woman is diagnosed with breast cancer. It has become a permanent anxiety for too many women. New medical research has confirmed the existence of protector foods with amazing chemical properties that can change the body into a hostile environment for cancer. This book identifies all of the foods and explains how to plan them into everyday living. It also explains how sleep, exercise and avoiding pollutants can prevent breast cancer and how you can help make your body healthier and more resistant to this disease. Written in a positive and upbeat style the book aims to empower women everywhere to take control of their own health and enjoy doing it!

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