

Foreword by Dr. David Brownstein

AVOIDING BREAST CANCER



While
Balancing
Your
Hormones

The
FEM Center
Breast Care
Program

Includes Important Information
About Estrogen and Thermography!

by Joseph McWhorter, M.D.

Avoiding Breast Cancer While Balancing Your Hormones

Delores Montgomery



Avoiding Breast Cancer While Balancing Your Hormones:

How to prevent Breast cancer while using Natural Bioidentical Hormones ,2024-09-09 Unveiling the Secrets of Hormonal Balance and Breast Cancer Prevention In How to Prevent Breast Cancer While Using Natural Bioidentical Hormones Dr Richard Nkwenti a trailblazer in integrative medicine and hormone restoration presents a revolutionary guide that could transform your approach to health and wellness Are you worried about breast cancer risk Battling hormonal imbalances Perplexed by contradictory information on hormone replacement therapy This book is your ultimate resource Dr Nkwenti armed with a Ph D in Integrative Medicine and a prestigious fellowship in Anti Aging Metabolic and Functional Medicine brings over 20 years of clinical expertise to this comprehensive work With experience in formulating more than 50 000 custom hormonal prescriptions he provides unmatched insights into the complex world of bioidentical hormones and their role in cancer prevention Inside you ll uncover The facts about bioidentical hormones and their effects on breast health Innovative cancer prevention strategies that surpass conventional methods Techniques to leverage estriol the protective estrogen for optimal wellness Progesterone s vital role in hormone balance and cancer risk reduction Groundbreaking insights on hormone metabolism and its cancer implications Practical guidance for implementing a customized hormone therapy plan Current research on lifestyle nutrition and supplements for breast cancer prevention Skills to interpret hormone tests and optimize your health This isn t just about cancer prevention it s about flourishing Dr Nkwenti s holistic approach merges the best of conventional medicine with cutting edge integrative strategies empowering you to take charge of your health journey You ll master Collaborating with your healthcare provider on a personalized hormone therapy plan The significance of comprehensive hormone testing and result interpretation Dietary approaches that promote hormonal balance and reduce cancer risk Understanding and mitigating environmental toxins linked to breast cancer Stress management techniques for hormonal health Methods to boost your body s natural detoxification processes The potential benefits of low dose naltrexone LDN in cancer prevention Using specific nutraceuticals and herbs to modulate estrogen metabolism Whether you re contemplating hormone therapy currently using bioidentical hormones or a healthcare provider seeking to expand your knowledge this book offers life changing insights Dr Nkwenti s role as founder of PharmaPRODIA an innovative compounding pharmacy adds a unique perspective Gain insights into Key differences between synthetic and bioidentical hormones Tailoring custom compounded hormone formulations for safety and efficacy Understanding and managing hormone metabolites in cancer risk Don t let uncertainty or misinformation prevent you from experiencing optimized hormone health This book is more than a guide it s a comprehensive roadmap through one of women s health s most complex and crucial aspects Invest in your health and future Order How to Prevent Breast Cancer While Using Natural Bioidentical Hormones today and join the safe effective hormone therapy revolution Your path to optimal health and cancer prevention begins here

Fat Loss Secrets that Really Work! Balance Your Hormones: Insulin, Estrogen, Progesterone,

Testosterone, Thyroid, Cortisol, and DHEA Y.L. Wright, 2012-01-01 Read this book and learn the secrets that will enable you to regain your health look great feel great lose weight and have better sex Discover how everyone can be permanently successful with fat loss without resorting to one of the latest diet fads Popular weight loss methods and diets do not work long term and may be dangerous to your health when followed for any length of time The problem is that none of these popular weight loss methods consider your hormones Most overweight people have unbalanced hormones more so if they have been dieting on and off for years and years Find out exactly how to correct the hormonal problems that prevent you from losing fat especially belly fat and how to finally and easily normalize your weight for the rest of your life This is the fourth book in the series Bioidentical Hormones bringing you the latest information from cutting edge anti aging physicians supported by research presented in medical journals

Prevention's Ultimate Guide to Women's Health and Wellness Elizabeth Crow, 2002-10-18 A guide to women's health draws on the latest medical research to answer questions concerning a wide variety of health issues with sections on how to cope with the problems of aging and a six step plan for healthy exercise

The Hormone Shift Dawn M. Cutillo, 2012 Would you like to lose five pounds stop your hot flashes and sleep better THIS WEEK These results are attainable when your hormones get into balance The author explains how natural safe solutions can bring fast results that last From her twenty three years of experience in the health field and after helping thousands of women at her Lancaster Pa health center she has noted growing trends that ALL stem from a simple hormone imbalance The inability for women to lose weight efficiently after the age of 35 due to a slowed metabolism The increased use of strong mood medications for depression anxiety that do not improve mood satisfactorily for most women and also cause unpleasant side effects The increase in fatigue experienced by women and the increased use of synthetic thyroid medication that does not satisfactorily resolve all the woman's symptoms The increased use of the birth control pill for heavy painful periods and menstrual irregularity that temporarily solves the problem but will cause health issues over time The increased number of ablations hysterectomies and other invasive procedures performed for cysts fibroids endometriosis Women still fear breast cancer due to not knowing its true cause CONCLUSION Frustration is rising due to NOT getting validation about concerns or answers on these issues from the medical field or health nutrition industry Are Your Hormones Imbalanced Perhaps your hormones have shifted a bit due to stress age pregnancy or menopause Are you left feeling frustrated from trying to deal with many issues that do not seem to respond to diet exercise herbs medication or even surgical procedures Learn the ONE MAIN hormonal shift that occurs in almost all American women starting at puberty and peaking around menopause along with its ONE MAIN origin The author will give you simple steps on how to reverse this hormonal shift so that within a month you can be Losing weight quickly even if NOTHING worked up until now Relieving your hot flashes night sweats Deepening your sleep Easing your anxiety irritability and mood swings Seeing your depression lift Regulating your menstrual cycle easing symptoms of PMS Decreasing your chance of female related cancers Reversing

your other PMS menopausal symptoms or conditions that affect your overall health You will understand that when hormones are balanced you will look and feel your best while preventing female related cancers and slowing the aging process as an extra benefit If you are one of the many women saying These constant hot flashes are driving me crazy Is everyone around me trying to get on my last nerve I m counting FLOCKS of sheep and still can t sleep I m working out eating like a bird and can t lose a single pound Sex Are you kidding I d rather be sleeping or eating My thyroid medicine just doesn t seem like it s helping me lose weight Depressed That s an understatement nothing is really fun anymore This book is a must read **A**

Quick Guide to Balancing Your Hormones Patrick Holford,2014-03-27 Unbalanced hormones can cause havoc with your health and are becoming more common In this invaluable guide nutrition expert Patrick Holford demonstrates how you can maintain or regain your hormonal balance through diet supplements and lifestyle changes Hormones are influenced by numerous factors so you ll find a range of topics covered including Understanding the female hormones oestrogen and progesterone Why hormonal problems are on the increase How to avoid hormone disruptors Why stress and the gut hormone connection are so important The essentials of a hormone friendly diet Concise and easy to understand A Quick Guide to Balancing Your Hormones can help women avoid hormonal health issues and enjoy good health at all stages of life NOTE the information in this book is taken from Balance Your Hormones by Patrick Holford *How to Balance Your Hormones* Dr.

Joanne Messenger,2014-08-21 Are you a danger to yourself Do your moods and weight fluctuate Are you eating your life savings in chocolate and carbs Have you lost your focus Are you unsure how youre going to feel when you wake up in the morning If you dont sort this out right now imagine what your life will be like in ten years You cant get healthy by fighting disease It has never worked and never will When Joanne Messenger was twelve she fractured her pelvis The experience inspired in the young woman a desire to learn everything she could about healing balance and energy Now a health care professional she shares her lifelong quest for healing in *How to Balance Your Hormones* She knows what its like to want to feel better and how frustrating that dream can be to attain The good news is shes gathered all the best tools and techniques that are essential to get you back on track Using her techniques you can live the life of your dreams free from delinquent hormones mood swings and aberrant energy levels Dr Messengers qualifications include a bachelors degree in applied science chiropractic diplomas from the National Board of Chiropractic Examiners USA and Sacro Occipital Technique and an excellence award in radiology She is also a certified yoga teacher NLP practitioner teacher and past principle of Chiron Healing She is the founder and teacher of Blueprint Healing and is skilled in using aromatherapy flower essences and Pranic healing techniques **Balance Your Hormones** Patrick Holford,Kate Neil,2012-09-20 Unbalanced hormones play havoc

with women s lives and cause problems ranging from PMS and endometriosis to fibroids breast cancer and menopausal problems In *BALANCE YOUR HORMONES* Patrick Holford explains how by making simple changes to your diet and lifestyle you can restore the natural hormone balance in your body and return to a state of good natural health *BALANCE YOUR*

HORMONES is packed with practical advice backed up by the latest scientific research which continues to reveal new understanding of the role of food nutrition and environment in hormonal health The new chapters cover how hormones work why hormonal problems are on the increase what you can do to promote your own hormonal health safe natural strategies for restoring maintaining and promoting your health nutritional advice for preventing and overcoming problems associated with hormonal imbalance and the problems associated with the synthetic hormones used in the Pill and HRT and how to overcome them naturally *The Breast Cancer Prevention and Recovery Diet* Suzannah Olivier,2014-05-29 One in nine women in Western society will be diagnosed with breast cancer at some point in their lives making it vital to learn healthy eating strategies to prevent the disease developing Nutrition is a key tool towards recovery working with your doctor to build your immune system rebalancing hormones increasing your well being during treatment and helping your body thrive again without the disease recurring Suzannah Olivier gives practical advice on all aspects of nutrition relating to breast cancer explaining the right foods and supplements to fuel the body with step by step eating plans to support a healthy recovery

Breast Cancer Prevention Guide Sandra Cabot MD,Margaret Jasinska ND, There is no other book like this that gives you a comprehensive plan to prevent breast cancer This book is based on the latest research available from medical science In this book you will learn the risk factors for breast cancer and what you can do to greatly reduce your risk This book also provides information for women who currently have breast cancer how to improve the odds of survival and reduce the risk of recurrence One in eight Australian and American women develop breast cancer during their lifetime Most women feel powerless when it comes to preventing breast cancer they believe genetics and bad luck determine who develops the disease The truth is that only five to ten percent of breast cancer cases are due to genetics In this book you will learn about the real risk factors for breast cancer and what you can do to greatly reduce your risk In *The Breast Cancer Prevention Guide* you will learn Mammograms are not the best method for detecting breast cancer in all women Your body can make good estrogen and bad estrogen Learn how to increase your body s production of beneficial estrogen The importance of progesterone in protecting against breast cancer The chemicals you come in contact with each day that are strongly implicated in causing breast cancer and how to reduce your exposure to them Foods herbs and nutrients with powerful anti cancer effects Recipes and tips on how to incorporate powerful anti cancer foods into your diet Summary of Neal Barnard's Your Body in Balance Milkyway Media,2021-12-03 Buy now to get the main key ideas from Neal Barnard s *Your Body in Balance* The Westernized diet has spread all across the world bringing along acne diabetes infertility and cancer It is time we change our diets for the better Neal Barnard s *Your Body in Balance* explains how the typical meat reliant processed food diet is affecting our health While there are always new medications to help treat physical and emotional ailments there is growing proof of the curing power of our diets With simple steps such as cutting out meat and dairy focusing on fruits vegetables and soy products and exercising regularly we can regulate our hormones and bodies to feel our best selves It may not be easy

changing our diet but the results speak for themselves at the end of this journey we will find ourselves energized revitalized and living longer and healthier lives *Hormone Replacement: How to Balance Your Hormones Naturally* Dr. Sandra Cabot, 2014-10-16 Bestselling author Dr Sandra Cabot takes away the fear and confusion about hormone replacement in this easy to follow fresh and lively book Based on the most recent research into hormone replacement therapy HRT and its natural alternatives this accessible and comprehensive guide to menopause is a must read for all women **How To Shrink Fibroid Tumors Naturally: Holistic Tools and Strategies That Work!** Delores Montgomery, Are you struggling with fibroid symptoms and seeking a natural approach to healing How To Shrink Fibroid Tumors Naturally is your guide to shrinking fibroid tumors naturally with proven holistic strategies that work Inside This Book You ll Discover Personal Journey How the author shrank her fibroid tumors naturally with holistic tools and strategies Signs and Symptoms Recognize and manage common fibroid symptoms Clean Eating Adopt a nutrient rich whole foods diet for health and hormonal balance Proven 3 Step Plan A detailed plan to shrink fibroid growth by detoxification clean eating and hormone balance Gut Health Tips for improving gut health to aid fibroid management Hormonal Balance Ways to balance estrogen and manage fibroid growth Probiotics Benefits of probiotics for gut and hormone health Mindset Shift Embrace a positive mindset and mindful eating for overall well being Healthy Recipes Delicious recipes to support fibroid management Herbs and Vitamins Supplement with hormone balancing and detoxifying herbs and vitamins Meal Plans eating Journal and more Empower yourself with natural faith based strategies and start your journey to a healthier fibroid free life today *Natural Hormone Balance for Women* Uzzi Reiss, Martin Zucker, 2002 Dr Uzzi Reiss describes his program for restoring women s natural hormonal balance explaining the difference between chemical hormone prescriptions and natural hormone replacements offering advice on how to choose and use the best replacement and discussing the benefits of a natural hormone replacement regimen **Women, Weight, and Hormones** Elizabeth Lee Vliet, 2001-08-27 Hormones Weight gain Women s fat storing bodies vs men s fat burning metabolism What s the difference Why do women struggle with weight issues so much This book is a well researched look at the issues **Aromatherapy** Roberta Wilson, 2002-06-03 Aromatherapy the centuries old practice of using botanical scents and oils for physical and psychic benefit reached its peak of popularity in the early 2000s Roberta Wilson s essential resource for aromatherapy offers hundreds of healing recipes for compresses baths inhalants air fresheners and skin care products specifically designed to assuage common disorders and complaints Organized in a handy A to Z format Aromatherapy is the most trusted sourcebook for this gentle healing art First published in 1995 Wilson s guide is here revised and expanded to cover a wider selection of essential oils more health conditions and more ways of incorporating aromatherapy into your life **Hormonal Imbalance-Associated Oxidative Stress and Protective Benefits of Nutritional Antioxidants** Sutapa Mukherjee, 2024-02-19 *Say No To Cancer* Patrick Holford, Liz Efiog, 2010-10-07 Cancer is increasing at an alarming rate and one in three people will develop cancer at some point in their lives According to

the World Cancer Research Fund up to 39 per cent of the most common cancers lung breast colorectal skin mouth throat and oesophagus liver stomach prostate cervical ovarian testicular endometrial and pancreatic are preventable through diet physical activity and weight control alone SAY NO TO CANCER was originally published by Piatkus in 1999 and this greatly expanded edition contains new chapters that reflect the very latest information on the connection between diet and lifestyle and the risk of developing cancer It offers guidance for people who wish to avoid getting cancer and for those who want to know what they can do nutritionally if they have cancer and or want to prevent reoccurrence By improving your diet and taking the right nutritional supplements you really can say no to cancer **Balanced Life** Innocent Karikoga,2023-12-12

Discover the ultimate guide to a healthier happier you in *Balanced Life* Say goodbye to fad diets and quick fixes as this book unravels the secrets to sustainable weight management Explore the intricate science behind weight control from hormones to personalized nutrition This isn't just another weight loss book it's a roadmap to balance Learn to seamlessly integrate a nourishing diet with a lifestyle that fits your unique circumstances Whether you're a busy parent dealing with health issues or seeking holistic well-being this guide offers tailored strategies Your journey doesn't end here it's a thrilling beginning to a life of vibrant health Embrace the dance of balance celebrate your victories and make choices that lead to lasting well-being *Balanced Life* is your ticket to an extraordinary balanced life Your transformative adventure starts now *Intermittent*

Fasting for Women Kate Sinclair,Mark Evans,2021-01-30 Do you find it difficult to lose weight Do you hate complicated weight loss strategies that end up starving you Do you find the latest diet fads to be impractical for your lifestyle If you answered yes to any of the questions above then this book about intermittent fasting is for you This book will give everything you need to know about a weight loss method that does not involve counting every calorie of your meal buying special weight loss shakes or eating beyond the realms of what is considered a normal diet If it sounds already too good to be true you have not yet read the craziest thing about intermittent fasting ALL YOU HAVE TO DO IS READ THIS BOOK AND YOU CAN GET STARTED IMMEDIATELY Inside this book you will discover The simplest way to lose weight Intermittent fasting benefits that have been confirmed through medical research Why intermittent fasting is actually healthy for you How intermittent fasting heals your body reverses aging and lengthens your lifespan The different methods to fast intermittently How women can do intermittent fasting safely The answers to common concerns about intermittent fasting The strategies for an easier adjustment to intermittent fasting How you can progress to advanced methods of intermittent fasting And so much more It is easy to be skeptical about a book on a topic that has been written about countless times in articles blogs tutorials and video essays But this book is more than just a retelling of the information about this weight loss strategy It is a comprehensive guide that will give you everything you need from the basic information to the practical information necessary to make intermittent fasting a lifestyle So click BUY NOW and begin reading this book and start your journey towards a healthier life through a sustainable and simple weight loss strategy **The Hormone Survival Guide for Perimenopause** Nisha

Jackson,2004-05-01 Explaining why women between the ages of 35 and 50 often experience significant changes in mood weight sex drive and general well being due to hormonal imbalances this guide shows women how to regain control of their hormones and their lives and feel good again through natural means Women who have had long standing physical and emotional complaints written off by doctors as normal or genetic are provided with step by step solutions to such hormone related problems as weight gain fibroids sex drive doldrums adult acne depression anxiety irritability chronic fatigue and facial hair Perimenopausal women will be able to regain control of their health by putting together a game plan for renewal including hormone balancing and weight management plans that will help them feel better with dramatic life changing results

Reviewing **Avoiding Breast Cancer While Balancing Your Hormones**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Avoiding Breast Cancer While Balancing Your Hormones**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Avoiding Breast Cancer While Balancing Your Hormones Introduction

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