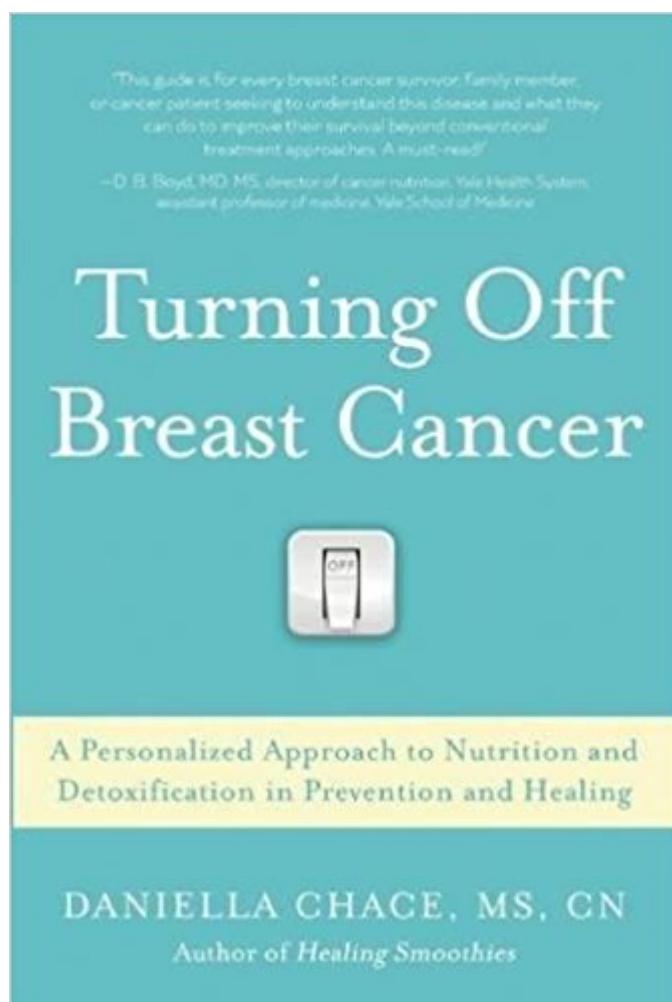


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Turning Off Breast Cancer: A Personalized Approach To Nutrition And Detoxification In Prevention And Healing



Synopsis

A Cutting-Edge Guide to Preventing and Healing from Breast Cancer Turning Off Breast Cancer is a comprehensive and targeted program for using nutrition and detoxification to prevent and heal from breast cancer. Rooted in the science of epigenetics--how gene expression is affected by nutrients and toxins--Daniella Chace teaches readers to restore their own genes via diet, supplementation, and detoxification. Readers will learn how to: Nourish their bodies with more than one hundred foods that combat breast cancer. Chace also offers supplement recommendations for pre- and postmenopausal women. Restore their bodies by using new genetic tests to determine their personal nutrition and detox needs. Detoxify their bodies by flushing out the toxins that contribute to breast cancer development and disturb cellular communication. Carefully researched and incredibly comprehensive, Turning Off Breast Cancer forges a clear path toward health and healing.

Book Information

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Customer Reviews

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Daniella Chace, MS, CN, is a clinical nutritionist and educator and has written extensively on the topic of oncology nutrition. She is an expert in personalized medical nutrition therapy, with an emphasis in toxicology, epigenetics, human microbial ecology, and orthomolecular applications in disease management. She is a regular contributor to national health magazines, the host of NPR's Nutrition Matters, the creator of NADb (a medical nutrition research database) and NutriSigns which addresses shoppers' health questions via in-store signage, as well as the iEat for Life suite of applications for mobile devices. She lives in Port Townsend, Washington, where she sees clients in her private practice, provides health workshops and develops recipes that support healing. Learn more at daniellachace.com.

This book is a must read for anyone wanting to reduce their risk factors to prevent breast cancer, not to mention those who have already been diagnosed and want to prevent a recurrence. The information provided in "Turning off Breast Cancer" has been by far the most helpful to me and when I say I have read at least 50 books on breast cancer and integrative therapies, I am not exaggerating. As a nurse practitioner and breast cancer survivor, I wholeheartedly recommend this book and urge you to take charge of your health to promote wellness and healing. Dorrie Murtagh, MS, ARNP

I picked up this book as a gift for a friend and found myself reading it all the way through simply because I found it so interesting. Chace has a way of explaining breast cancer, its triggers, and her healing and prevention protocol with so much clarity. The book describes the different types of breast cancers, how to avoid environmental triggers, which foods are scientifically-proven to protect against and fight cancerous cells, and how to detoxify our bodies in safe ways. This book is really for anyone wanting to understand this disease better as much as it is for prevention and recovery.

Let me preface my review with the caveat that I am not a medical professional or researcher. I am

however, a breast cancer survivor (lumpectomy, radiation, chemotherapy-- ER+, HER-) deeply invested in the tools at my disposal to prevent a reoccurrence: nutrition, exercise, lessening of exposure to specific pollutants/chemicals. This book is more of a reference than one you should read straight through. (in fact page 119-160 are research citations and glossary). What is presented here mostly jives with what I've read other places. It's got handy notations about a wide variety of foods, and some great guidelines for the use of nutrition in preventing breast cancer occurrence. (and even a recommendation for Rosemary, which I hadn't encountered elsewhere, although the berries, brassica, fiber wasn't new to me). With a couple caveats. From the perspective of a patient-- who has wrestled with serious financial concerns about paying for treatment, and weighing the efficacy of genetic tests (I did the Oncotype DX ultimately) with insurance possibly not paying for them, the persistent advice in this book about getting tests for a variety of things without any reference to how to approach the financial aspect of it struck me as a bit odd. In an ideal world, I would have no problem with the battery of tests suggested here: blood tests for percentages of chemical pollutants such as heavy metals or BPA's as well as possibly much more expensive and less-clinically supported tests such as the recommendation for tests for polymorphism (through Genova Diagnostics-- figured prominently here, which is not necessarily odd in the small world of genetic testing) But it isn't an ideal world. I had to go through a lot of wrangling with my provider (Mayo Clinic) as well as Genomic Health about the test. While ultimately participation in a research study paid for it, there was an emotional cost...and the results were ambiguous. Framing the book from the start with the recommendations for all these tests, while I understand how it informs nutritional choices, creates a burden on patients to navigate this messy world that insurance companies have made over payment for the tests. Also, I might be behind on some of the literature, but I thought there was some contention in research over the actual clinical evidence linking parabens to breast cancer, as well as contention over soy products and organic, whole milk for different kinds of breast cancer. The recommendations presented here don't seem to acknowledge those particular controversies. The most useful part of the book for me started in Chapter Four where the book leaves off genetic testing and pollutants and goes into Nutritional recommendations. Here's the chapter I think all breast cancer patients should read. Specific recommendation about kinds of vegetables, herbs, spices, and fruits to put into your diet and the specific reasons why they help. Very enlightening. Overall, despite my issues with health providers recommending genetic tests, the nutritional aspect of this book is very valuable. An excellent addition to a breast cancer survivor's arsenal.

I haven't read this yet, but it came highly recommended.

I love this book. It was very eye-opening to read about the various sources from which a person can get breast cancer. I also liked reading the summaries of specific nutritional information for each type of breast cancer. What I liked most about the book was a list of foods to eat every day. When people tell you to avoid red meat and dairy but don't tell you how to do it, this book helps outline which foods to eat, how much and why. It's easier for me to strive to eat X grams of protein from plant sources daily than to be told not to eat meat. I really like the author's book Breast Cancer Smoothies book too. I'm currently using it to try to get more citrus and herbs not to mention seeds and green tea and all the other good stuff the author talks about. Thumbs up!

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