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The Holistic Approach to Breast Cancer: Every Woman's Guide to Health, Vitality, & Wellbeing

Christina Grant

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The Holistic Approach to Breast Cancer explores the physical, emotional, mental, and spiritual disharmony at the root of breast dis-ease, offering timely, practical suggestions and methods for healing. You'll be supported to see yourself from a holistic viewpoint and asked to listen to the underlying messages that come with breast dis-ease so you can thrive beyond it.

Dr. Grant’s easy, relatable style leads you gently into healing and strengthening your body, mind, and spirit. Workbook-style sections allow you to *Take a Moment for Yourself* to reflect. This is a wonderful guide for every woman who has experienced a diagnosis of breast cancer or wants to prevent one, and for any woman who wants to claim responsibility for her health and wellbeing.

Discover more about:

- Creating a healthier cellular environment in your body
- Boosting your immunity (and why it's important)
- What foods are best for healing
- Protecting yourself from toxins
- Using the power of your mind to heal
- Balancing your inner emotional world
- Connecting to your Higher Self
- What subtle energies are and how they can help you recover and maintain your health
- Food supplements and vitamins for optimum breast health
- Plus, many helpful resources

The Holistic Approach to Breast Cancer shows you how to recover your health and strength after a diagnosis of breast cancer, as well as become more centered, balanced, and inwardly content.

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