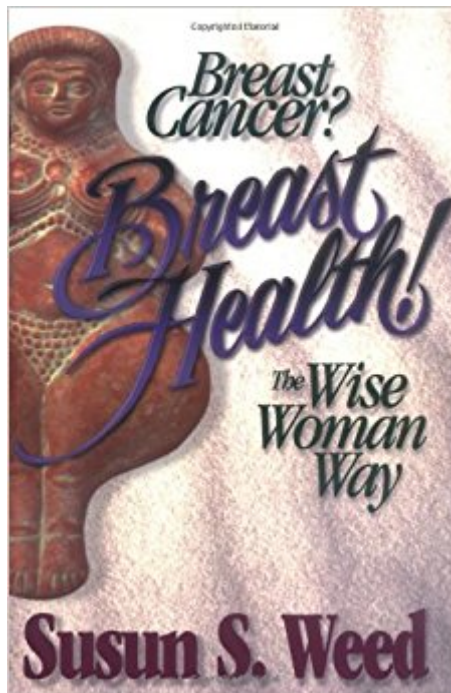




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# Breast Cancer? Breast Health!: The Wise Woman Way (Wise Woman Herbal)



## Synopsis

For women who want to maintain breast health or for women diagnosed with breast cancer. Foods, exercises, and attitudes to keep your breasts healthy. Supportive complimentary medicines to ease side-effects of surgery, radiation, chemotherapy, or tamoxifen. Foreword by Christiane Northrup, M.D. "The perfect antidote to fear." Carolyn DeMarco, M.D. More than 100,000 copies of this ground-breaking book are currently in print. It is used by breast cancer support groups and hospital-based oncologists in USA, Germany, New Zealand, and Canada. Why? because it offers the best of modern medicine plus level-headed information on the most effective alternative and complementary treatments for breast (and prostate) cancers. Breast Cancer? Breast Health! is for every woman interested in taking breast health into her own hands. The first third offers easy lifestyle changes, simple herbal additions, and tasty food recommendations to reduce risk and improve immune functioning. The second third helps those with possible cancer -- what to do before you call the doctor, how to explore your options -- and those diagnosed with cancer -- including "alternative treatments to avoid." Separate chapters detail complementary medicines for those using surgery, chemotherapy, radiation, or tamoxifen. The last third focuses on the 30 most important anti-cancer herbs, with specific instructions for preparation and use. Down-to-earth, compassionate, and lyrical, this information-rich book includes a risk assessment survey; directory of helpful organizations; glossary; index; and many useful illustrations. Introduction by Christiane Northrup, M.D. (American edition) and Susun Love, M.D. (German edition). "What a gift to women of all ages! Susun Weed's breast health book, "Breast Cancer? Breast Health! the Wise Woman Way" helped me overcome my fear of what I might discover during self-examination. I am so grateful that this book came my way and I am healthier in mind, body, and spirit thanks to Ms. Weed's wise words! All of my questions and doubts were addressed in a voice that speaks for all the wise women who have chosen the path of natural and sensible personal health. If I could, I would give a copy of this book to every woman in the world!" ~ Wise Woman (Susun Weed)

## Book Information

Series: Wise Woman Herbal (Book 2)

Paperback: 358 pages

Publisher: Ash Tree Publishing; 1 edition (April 11, 1996)

Language: English

ISBN-10: 0961462078

ISBN-13: 978-0961462079

Product Dimensions: 5.5 x 0.9 x 8.4 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 44 customer reviews

Best Sellers Rank: #397,802 in Books (See Top 100 in Books) #112 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer](#) #618 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) #1032 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

Designed to be a resource for both women who want to maintain breast health and those who've been diagnosed with breast cancer, *Breast Cancer? Breast Health! The Wise Woman Way* draws on "women's wisdom," or the inner knowledge often ignored by modern medicine, as a powerful tool for healing. Author Susun Weed proposes an anticancer lifestyle, and, if cancer does enter the picture, a six-step plan for healing (sleep is at zero, or "Do Nothing

Susun S. Weed is the voice of the Wise Woman tradition, where healing is nourishing. She is known internationally as an extraordinary teacher with a joyous spirit, a powerful presence, and an encyclopedic knowledge of herbs and health. For more than thirty years she has opened hearts to the magic and medicine of the green nations, restoring herbs as women's common medicine, and empowering women to care for themselves. Susun is founder of the Wise Woman Center, editor-in-chief of Ash Tree Publishing, a high priestess of Dianic Wicca, a member of the Sisterhood of the Shields, a Peace Elder, and happy herder of her dairy goats. Her four books: *Healing Wise*; *New Menopausal Years the Wise Woman Way*; *Breast Cancer? Breast Health! the Wise Woman Way*; *Wise Woman Herbal for the Childbearing Year*; and *Down There: Sexual and Reproductive Health the Wise Woman Way* are used by more than a million women throughout the world. She writes a regular herbal column for *SageWoman Magazine* and hosts the Wise Woman website and a forum at [www.susunweed.com](http://www.susunweed.com) created by her amazing daughter Justine. Susun continues to train apprentices, initiate green witches, work with her correspondence course students, and write books.

I'm reading this as I make my own journey through a Stage 1 IDC/DCIS Triple Positive breast cancer diagnosis. I find the wisdom and insight contained within these pages so helpful (although with all of the new findings in breast cancer research over the last 20 years since this was

written...particularly relating to HER2, etc....it might need a little updating). The spiritual component is soothing, affirming and uplifting to someone dealing with this issue, and I've already put several of her recommendations into place.

Love this book! Extremely informative for anyone dealing with breast cancer. I am healing mine naturally, and this book has been very helpful; but it also gives advice to those taking the path of standard medical treatments including surgery, chemo and radiation, including how to ameliorate side effects of those treatments. I am grateful to the author for sharing her knowledge and experience in this wonderful book packed with details on how to heal breasts with natural herbal medicine. Every page conveys the author's loving, joyful attitude of celebrating the female body and embracing breast health on every level -- spiritually, emotionally, and physically. Deeply informative but never preachy, this book is a treasury of enlightening wisdom with lots of practical tools for anyone dealing with breast cancer or just wanting to learn how to protect their breast health.

From the moment I began reading Breast Cancer? Breast Health! I didn't want to put it down. I've read some of Susan Weed's other work and I love her voice. Her realistic and straight forward point of view is familiar and comforting, characteristics I believe could be very much helpful for women reading this book because they have been given the breast cancer diagnosis. Though some of the herbal remedies I was familiar with and agree with, Weed's take on chemotherapy, radiation and surgery as a cancer remedy is what I most identified with. Weed sees these actions as options in the course of healing, not as givens. I am in full agreement and I'm of the belief that people have been taught one avenue when it comes to cancer - kill it. I don't believe in "killing" cancer. I believe that cancer, and any disease, is the body calling attention to something that wants to be healed. With that I see that breast cancer calls to cells that need healing, compassion, and love - not killing, fights, battles, or harsh and often invasive treatment. Weed discusses similar in the book. Though the book was written in 1996, it is a fantastic reference manual for herbalist and layman alike, as well as, mentor in a way for women with breast cancer. However, I would love to see an updated version with more recent statistics and research. With that, it is complete with glossary, references, Materia Medica, and recipes - the book didn't disappoint! From herbal wisdom, to emotional encouragement, to scientific statistics, to knowledgeable perspective Breast Cancer? Breast Health! gives readers an insight into breast cancer not often seen and opens up an entirely different path of healing than does allopathic medicine. I would encourage every woman to read this book and every person to try the Garlic Toast Country Style recipe which has turned into a favorite breakfast

addition for me!

Every woman should read this. I bought this book first about 16 years ago when I had my first biopsy. I only read the section on breast health as at the time I did not have cancer. In March of this year I was diagnosed with early stage breast cancer and I took the book off the shelf again. This time I read the cancer part. It was a huge help getting me through my surgery. It is a reference book for me. I bought this copy for a friend who was having her own biopsy recently. She loves the book too. Her biopsy is benign. But I am proof you just never know which turn your life will take. Buy the book!

TRUELY A BOOK OF HOPE AND GREAT WISDOM FROM THIS WISE WOMEN,SHE TRULY IS A GIFT TO ALL I LOVE HER TO PIECES ALSO CHECK HER OUT ON YOUTUBE. A WELL WRITTEN BOOK.

I am a breast cancer survivor and wish I had found this book a couple of years ago. It is very empowering to read and encourages women to take control of their own health and wellness. Once you get in the medical system, it's easy to feel victimized and over your head. Medical people try to scare you into treatments and drugs that may not be in your best interest. Ladies you need to educate yourself and learn how to care for and nourish your own body. This will go a long way in keeping us all out of harm's way within the medical establishment. Susun Weed stresses the importance of nutrition and self-care as a means to staying well, as well as not being afraid of your own body. (Many of us are, I think). This is a great resource for any woman, especially those with breast cancer - or who think they might get it -- and that could be virtually everyone! Recommend very highly.

A book of wise advice, hope, and help. I heard about it from a woman who is a breast cancer survivor for almost 20 years and swears Breast Health is the reason! I've given this book as a present to every woman I know who's had a cancer diagnosis and they have all found it beneficial, if not miraculous! So I bought a copy for myself and follow it to PREVENT problems. So far, so good, so I will continue following the wisdom and natural remedies it talks about. You can skip over the "goddess" stuff..but don't ignore the down-to-earth natural products and diet advice.

I found Susan Weed after suffering for over 6 painful months with a very painful breast cyst and took

painkillers that didn't help me at all and after trying the hot Ginger Compresses for less than a week I was able to get off of the useless painkillers and get back to a normal life again! I am so thankful to this book for making me feel better. I liked the book so much I became a student of Susan's. A woman's breast health is her life and I thank you personally Susan for making me feel so much better. Truly a gift for sharing with others!

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