

(Download) Women's Healthy Living Diet: Breast Cancer Recovery Reducing Risk

# Women's Healthy Living Diet: Breast Cancer Recovery Reducing Risk

Dr. Susan Hart

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**Dr. Susan Hart : Women's Healthy Living Diet: Breast Cancer Recovery Reducing Risk** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Women's Healthy Living Diet: Breast Cancer Recovery Reducing Risk:

0 of 0 people found the following review helpful. DisappointedBy GFMomCover looks like healthy eating but disappointed with recipes. Also assumed, I felt, that you have breast cancer because you are overweight and need to start eating better.

Currently there is no comprehensive nutrition guide for patients with breast cancer during and after treatment. This is

surprising as it has been shown that breast cancer survivors are highly motivated and interested in dietary and lifestyle information. Here, Dr. Susan Hart breaks down the acclaimed BABE method (body weight, alcohol, bones, and exercise) and arms you with the knowledge and practical advice to alter your diet before, during, or after a diagnosis of breast cancer. With tips for supplements, overall diet and exercise, as well as how to navigate the supermarket, food labels, and eating out, this is a value-packed resource for all women to help heal and lead a wholesome, healthy life.

About the Author Dr Susan Hart is a dietitian who specializes in eating disorders.