



Vit Owners Manual

**Rachael Gates,L. Arick Forrest,Kerrie
Obert**



Vit Owners Manual:

Breasts: The Owner's Manual Kristi Funk, 2018-05-01 A national bestseller Breast cancer surgeon Dr Kristi Funk offers a comprehensive and encouraging approach to breast care and breast cancer Empower yourself with facts and strategies to understand your breasts reduce your cancer risk and open your eyes to interventions and treatments Most women don't want to hear about breast cancer unless they have it and need to make some decisions but these days news about breast cancer the number one killer of women ages twenty to fifty nine is everywhere Chances are you know someone who has had it But did you know that choices you make every day bring you closer to breast cancer or move you farther away That there are ways to reduce your risk factors And that many of the things you've heard regarding the causes of breast cancer are flat out false Based on Dr Kristi Funk's experience as a board certified breast cancer surgeon she knows for a fact that women have the power to reduce breast cancer risk in dramatic ways Many women believe that family history and genetics determine who gets breast cancer but that's not true for most people In fact 87 percent of women diagnosed with breast cancer do not have a single first degree relative with breast cancer This book will help you Learn the breast health basics that every woman should know Reduce your cancer risk and recurrence risk based on food choices and healthy lifestyle changes backed by rigorous scientific research Understand the controllable and uncontrollable risk factors for breast cancer Outline your medical choices if you're at elevated risk for or are already navigating life with breast cancer There have been few solid guidelines on how to improve your breast health lower your risk of getting cancer and make informed medical choices after treatment until now With her book available in 10 languages and in more than 30 countries Dr Funk is passionate about her mission of educating as many women as possible about what they can do to stop breast cancer before it starts Praise for *Breasts The Owner's Manual* Dr Funk writes *Breasts The Owner's Manual* just like she talks with conviction passion and a laser focus on you Dr Mehmet Oz Host of The Dr Oz Show *Breasts The Owner's Manual* will become an indispensable and valued guide for women looking to optimize health and minimize breast illness Debu Tripathy MD Professor and Chair Department of Breast Medical Oncology University of Texas MD Anderson Cancer Center *Breasts The Owner's Manual* not only provides a clear path to breast health but a road that leads straight to your healthiest self As someone who has faced breast cancer I suggest you follow it Robin Roberts Co anchor Good Morning America [YOU: The Owner's Manual for Teens](#) Michael F. Roizen, Mehmet Oz, 2011-06-07 A few years ago we wrote *YOU The Owner's Manual* which taught people about the inner workings of their bodies and how to keep them running strong But you know what There's a big difference between an adult's body and your body between adults' health mysteries and your health mysteries between their questions and your questions So teens this book is for YOU We'll talk to you about the biological changes that are happening in your brain and your body We'll show you how to get more energy improve your grades protect your skin salvage more sleep get fit eat well maximize your relationships make decisions about sex and so much more In fact in these pages we answer hundreds

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