



Breast Health Education Group  
Better Breast Health – *for Life!*<sup>™</sup>

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### Editorial Reviews

- **Glenna Biehler, age 37:** I had recently been diagnosed with breast cancer, and felt my life was out of control. Better Breast Health - for Life! made me feel more in charge and in control of my situation. The details about food choices, personal products, and items we use in everyday life led me to make better decisions to support my health during and after my cancer treatment.
- **Laura Sanchez, age 45:** We all want to live in the communities of our choosing. While we can't always control every element of our environment or lives, this book gives me the information I need to make informed choices – to make changes within my comfort zone to lower my overall breast cancer risk. I really appreciate the workshop CD and worksheets. Now I have a prioritized list of the risk factors that are in my life and ways to exert some control!
- **Helen Taylor, age 52:** It is timely indeed to have a consolidated information source for healthy breast awareness. This group of authors has dedicated their efforts to provide a desirable format of information, and to introduce thermal imaging as a way of monitoring and ensuring that preventative measures are effective! Thank you all for advancing healthy breast awareness for women!
- **Marilyn Fleming, age 68:** I appreciated all the information in Better Breast Health - for Life! It is so encouraging to be able to make life changes with this knowledge. Finding out about all the risk factors from genetics to lifestyle is so helpful. The importance of exercise was particularly motivating to me. I now bounce on a fitness ball or trampoline. I love bouncing so this is a win-win for me!
- **Helen Eisner, age 71:** Excluding radiation and medications following my breast cancer surgery was a giant step for me, but for me, natural and alternative are my only options. I take comfort in the knowledge I have gained from Better Breast Health - for Life! and the increased sense of control I have in my healing process.