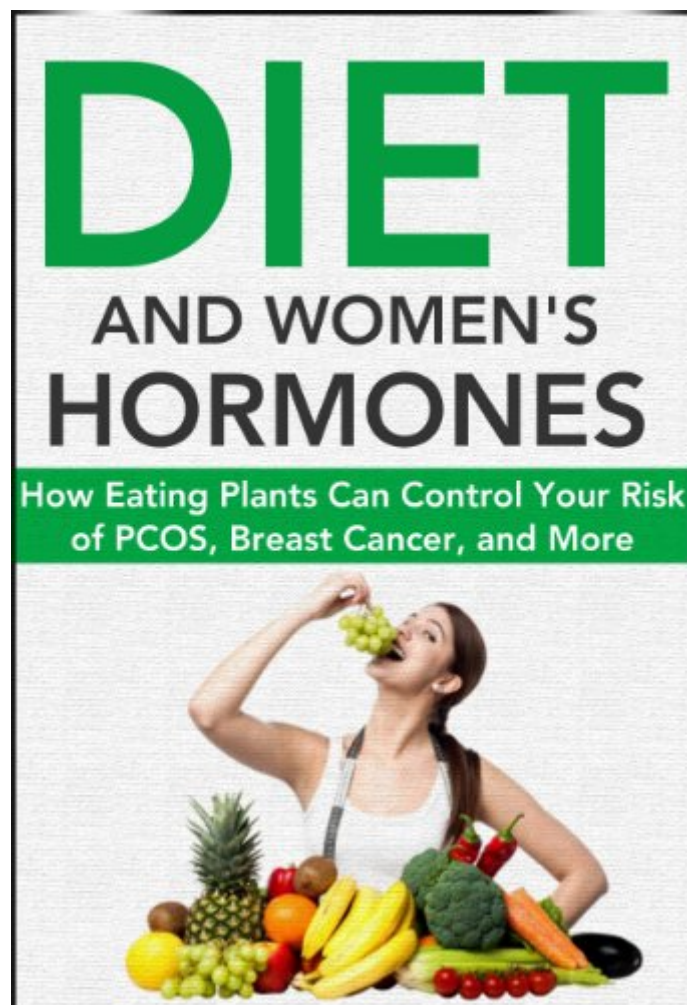


The book was found

# Diet And Women's Hormones: How Eating Plants Can Control Your Risk Of PCOS, Breast Cancer, And More! (Natural Disease Prevention Book 1)



## Synopsis

Essential information for anyone looking to improve their quality of life using food! Today only, get this Kindle Book for \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover the truth about how much of an impact a person's diet has on their health and well-being. Many people have a basic idea of how certain hormones work, but don't thoroughly understand the connection between their diet and how these hormones function. Whether you realize it or not, this connection plays a huge role in determining how you feel and even how you behave on a day to day basis. Here Is A Preview Of What You'll Learn... PCOS and Breast Cancer, What's the Connection? How Animal-Based and Processed Foods Affect Hormone Health Benefits of a Whole Food Plant-Based Diet on Hormone Health Tips for Shifting to a Hormone-Healthy Diet Much, much more! Download your copy today! Tags: The China Study, Vegan, Health, Plant Based Diet, high carb, nutritarian, vegetarian, diabetes, cure,

## Book Information

File Size: 3037 KB

Print Length: 32 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 3, 2014

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00KR1MFQY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #118,883 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

in Â Books > Health, Fitness & Dieting > Nutrition > Cancer Prevention #41 in Â Books >

Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #44

in Â Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Health, Fitness & Dieting

## Customer Reviews

This is a great book regarding how diet can effect a woman's hormones and eventually, potentially their health. The author goes into great detail about how hormones effect the body and how hormone imbalance is known to lead to PCOS and potentially other more serious ailments such as breast cancer. The author then takes you through how choosing whole food plant base meals can help regulate you. In addition, the author teaches you some tips on how to transition from the American standard diet consisting of high meat and processed based foods to a whole food plant based lifestyle. A great read, there was lots of information in it that I didn't know.

What an eye opener! The information provided here was phenomenal. I never realized how much of an effect simple lifestyle changes could make. It really is interesting how everything kind of clicks after you read this. I read it with an open mind and am totally floored at how intriguing and enlightening this book was.

Anytime we can avoid diseases, it's a good thing. The author does a wonderful job educating the reader how to do just that naturally with plants. This book is a must-read for women all across the world, especially for those who want to take charge of their health. But be forewarned: big Pharma won't like it because they won't be able to reap huge profits for this knowledge.

Great information and easy to understand! I would recommend to anyone that is trying to live a more healthy lifestyle.

As someone who chose the plant-based lifestyle several years ago, I had no idea of the additional benefits I was giving myself by choosing to eat meat free. I often hesitate to read books such as this one because very often, they are not well researched. I have found that isn't the case with this book. The author has clearly put a lot of time and effort into understanding the effects of a plant-based diet on women's bodies. I highly recommend it!

I thought this book was going to push a specific diet plan or lifestyle but was pleasantly surprised by the content. Provided good information without pushing some rhetoric. I have seen the benefits of reducing/eliminating meat from diet by family members and this book provided some additional information with regards to the specific health benefits. I would recommend this book to someone who's considering changing their diet.

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Diet and Women's Hormones: How Eating Plants Can Control Your Risk of PCOS, Breast Cancer, and More! (Natural Disease Prevention Book 1) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer, Cancer Prevention, Cancer Cure, Coping With Cancer, Cancer Books, Breast ... Cancer, Leukemia, Colon Cancer, Skin Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung Cancer, Cancer Diet, Preventing Cancer, Cancer Prevention, Cancer Cure) Alternative Cancer Therapies (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention, Colon Cancer) (Alternative Medicine Book 1) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer, Cancer Cure, Cancer Diet, Coping With Cancer, Cancer Books, Breast Cancer, Lung Cancer, Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer, Coping With Cancer, Cancer Books, Breast Cancer, Colon Cancer, Lung ... Cure, Prostate Cancer, Cancer Prevention) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4) PCOS Diet for the Newly Diagnosed: Your All-In-One Guide to Eliminating PCOS Symptoms with the Insulin Resistance Diet What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More Cancer Prevention Diet: The Revolutionary Cancer Prevention Diet to Live Healthy and Cancer Free Restorative Yoga For Breast

Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management It's Your Hormones: The Women's Complete Guide to Soothing PMS, Clearing Acne, Regrowing Hair, Healing PCOS, Feeling Good on the Pill, Enjoying a Safe ... Recharging Your Sex Drive . . . and More! Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers

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