

Resources

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Websites

References from Proactive Breast Wellness Program

Books:

- What Your Doctor May Not Tell You About Breast Cancer. Dr. John R. Lee, M.D., David Zava, Ph.D., and Virginia Hopkins. Warner Books, 2002.
- Breast Cancer? Breast Health! by Susun S. Weed. Ash Tree Publishing, 1996.
- Guided Imagery for Self-Healing: An Essential Recourse for Anyone Seeking Wellness. Martin L. Rossman, MD. New World Library. 2000.
- Outsmart Your Cancer: Alternative Non-Toxic Treatments That Work by Tanya Harter Pierce. Thoughtworks Publishing, 2004.
- The Breast Cancer Prevention Diet: the Powerful Foods, Supplements, and Drugs That Can Save Your Life by Dr. Bob Arnot. Little, Brown, and Company, 1998.
- Life's Delicate Balance: Causes and Prevention of Breast Cancer and Chemical Exposure and Disease by Dr. Janette D. Sherman, MD.

*** For more on breast cancer, check out the Breast Cancer Action Booklist under "Further Readings: Breast Cancer"

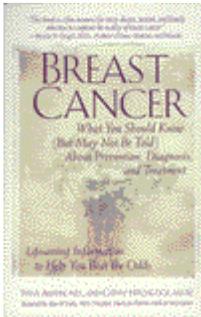
Note: More books are available on our Bookstore section.

Please visit www.proactivebreastwellness.com/bookstore



BCA Booklist

<http://bcaaction.org/index.php?page=bca-booklist>

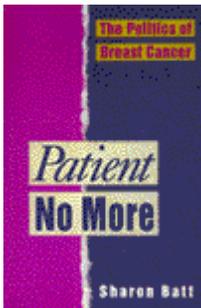


Breast Cancer: What You Should Know (But May Not Be Told) About Prevention, Diagnosis and Treatment

Husband-wife team **Steve Austin** and **Cathy Hitchcock** offer a step-by-step guide through diagnosis, treatment (both conventional and alternative, and suggestions for prevention (including prevention of a recurrence).

316 pp. \$14.95

[Read our review of this book](#)

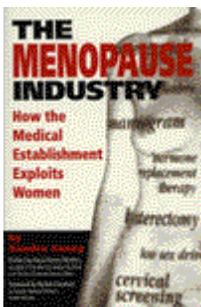


Patient No More: The Politics of Breast Cancer

Award-winning journalist and advocate **Sharon Batt** offers an incisive analysis of the grassroots breast activism which has challenged the cancer industry. One of the most important breast cancer books in print.

418 pp., paperback, \$16.95

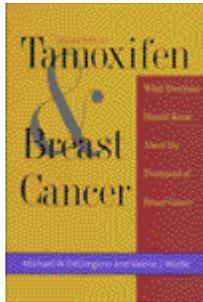
[Read our review of this book](#)



The Menopause Industry: How the Medical Establishment Exploits Women

Sandra Coney provides a clear-eyed, carefully documented account of the dangerous duping of midlife women by the medical pharmaceutical complex—important facts for making informed decisions.

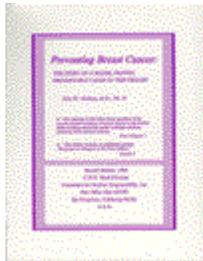
370 pp., paperback, \$14.95



Tamoxifen and Breast Cancer: What Everyone Should Know About the Treatment of Breast Cancer

Two leading scientific investigators, **Michael W. DeGregorio** and **Valerie J. Wiebe** present a balanced, accessible discussion of the diagnosis of breast cancer and the risks, benefits and limitations of treatment alternatives, particularly tamoxifen.

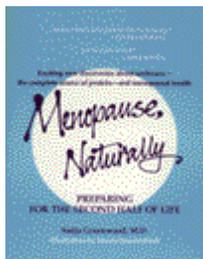
112 pp., paperback, \$12.00



Preventing Breast Cancer: The Story of a Major, Proven, Preventable Cause of This Disease

Noted expert on radiation and health **Dr. John Gofman** examines the role of x-rays and fluoroscopy in causing breast cancer.

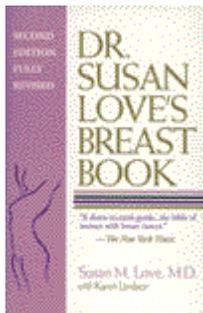
339 pp., paperback, \$15.00



Menopause Naturally

Physician and breast cancer survivor **Sadja Greenwood** offers practical alternatives to estrogen replacement therapy.

211 pp., paperback \$13.95

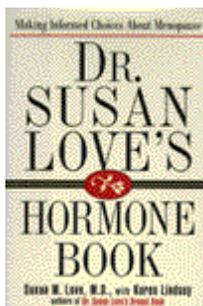


Dr. Susan Love's Breast Book, 2nd Edition

Clear, detailed explanations of all aspects of breast health, breast feeding and breast cancer from a respected breast surgeon and patient advocate.

627 pp., paperback, \$17.00

[Read our review of this book](#)

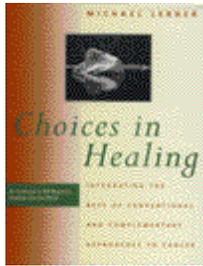


Dr. Susan Love's Hormone Book

An intelligent, informative and often humorous guide to menopause and the treatment of its various symptoms by the breast cancer expert and medical activist who just happens to be heading toward menopause herself.

362 pp., \$25.00

[Read our review of this book](#)

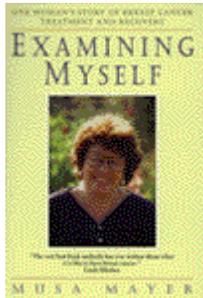


Choices in Healing

Author **Michael Lerner** provides an unbiased sourcebook on a wide range of complementary therapies, including spiritual, psychological and nutritional therapy as a basis for making informed choices.

693 pp., paperback, \$17.50

[Read our review of this book](#)

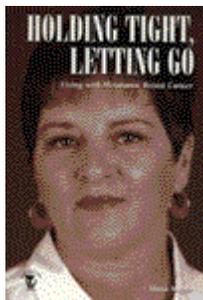


Examining Myself, Musa Mayer

An intimate, literate account of one woman's journey through breast cancer into political advocacy.

176pp., paperback, \$10.95

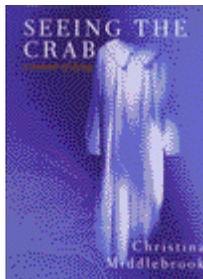
[Read our review of this book](#)



Holding Tight, Letting Go: Living with Metastatic Breast Cancer

Musa Mayer provides an in-depth, truthful, personal and informative resource on metastatic breast cancer, with a wealth of commentary from physicians, researchers, therapists and others.

357 pp., paperback, \$19.95



Seeing the Crab: A Memoir of Dying

Christina Middlebrook underwent high dose chemotherapy/bone marrow transplant for metastatic breast cancer. This is her stunningly honest and beautifully written account of confronting death and living life.

212 pp., hardcover, \$22.00

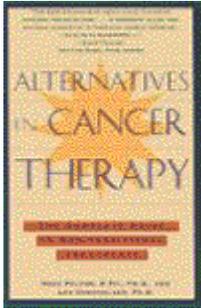


Designer Poisons: How to Protect Your Health & Home from Toxic Pesticides

In this clearly written, common sense guide, **Dr. Marion Moses**, tells you what pesticides are linked to cancer and what safer alternatives are available.

412 pp., paperback, \$19.95

[Read our review of this book](#)

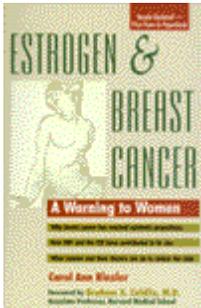


Alternatives in Cancer Therapy

Authors **Ross Pelton** and **Lee Overholser** review alternative therapies aimed at boosting the immune system and improving general health and include references to clinical studies, dosage information, side effects and toxicity.

304 pp., paperback, \$12.00

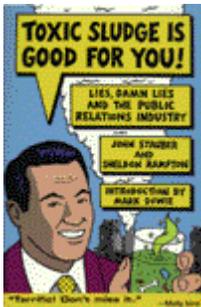
[Read our review of this book](#)



Estrogen & Breast Cancer: A Warning to Women

Medical writer **Carol Rinzler** has updated her well-documented wake-up call to women about the routine prescription of estrogen-based hormones. Important reading for anyone confronting the hormone replacement dilemma.

216 pp., paperback, \$14.95



Toxic Sludge Is Good For You: Lies, Damn Lies, and the Public Relations Industry

Investigative journalists **John Stauber** and **Sheldon Rampton** show why and how corporate America and the government are jeopardizing the public's health by concealing the truth about environmental links to cancer.

236 pp., paperback, \$16.95

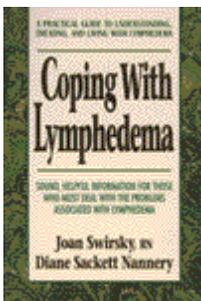
[Read our review of this book](#)



Trust Us, We're Experts

John Stauber and Sheldon Rampton examine the influence that corporate public-relations firms have over government policies regulating food, water, air, worker safety, and more.

[Read our review of this book](#)

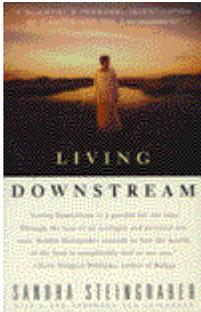


Coping with Lymphedema

Joan Swirsky, R.N., and **Diane Sackett Nannery** have created a superb resource for anyone living with, or at risk for developing, lymphedema. This informative, well-researched book covers all aspects of this chronic condition, which is all too often ignored by the medical community.

286 pp., paperback, \$13.95

[Read our review of this book](#)

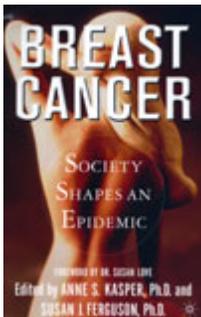


Living Downstream: An Ecologist Looks at Cancer and the Environment

A worthy sequel to *Silent Spring*, this powerful book issues an, urgent, imperative call for an "upstream" approach to cancer. Biologist, poet and cancer activist **Sandra Steingraber** tells the human story of the cancer epidemic, supported by solid scientific data. A must-read for everyone who cares about cancer prevention.

374 pp., paperback, \$14.00

[Read our review of this book](#)

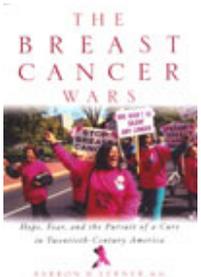


Breast Cancer: Society Shapes an Epidemic

In this collection of essays, edited by Anne Kasper and Susan Ferguson, contributors look at the ways in which breast cancer is tied to the political, social, and economic conditions of our time, outlining a powerful agenda for activism.

388 pp., paperback, \$19.95

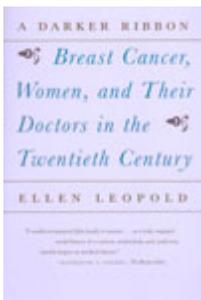
[Read our review of this book](#)



The Breast Cancer Wars: Hope, Fear, and the Pursuit of a Cure in Twentieth Century America

Physician/journalist Barron Lerner recounts the modern history of breast cancer treatment and research, providing an expert summary of the slow and often contradictory meandering of progress against the disease.

[Read our review of this book](#)

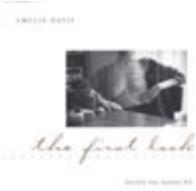


A Darker Ribbon: Breast Cancer, Women, and Their Doctors in the Twentieth Century

Beacon Press

Author Ellen Leopold provides a valuable perspective on both the modern history of breast cancer treatment and the influences on and direction of breast cancer activism in the late 20th century.

[Read our review of this book](#)

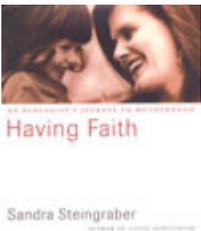


The First Look

This book presents essays by women about their breast cancer experience along with Amelia Davis's photographs of their post-surgery bodies. Ranging in age from 25 to 76, the women in the book write about cancer's impact on their bodies, their relationships, and their daily lives.

168 pp., paperback \$12.95

[Read an excerpt published in our newsletter from this book](#)



Having Faith: An Ecologist's Journey to Motherhood

Scientist and poet Sandra Steingraber shares the month-by-month story of her pregnancy while revealing the alarming extent to which environmental hazards threaten each stage of infant development.

[Read an excerpt published in our newsletter from this book](#)

BCA Booklist | 08.06.07

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BREAST CANCER ADVOCACY

Dr. Susan Love - Dr. Love is a hero to us. She is committed to ending breast cancer and we join her in her efforts. Her website is a great source of updates on research, rumors and ways to help end breast cancer. She has two websites, <http://www.susanlovemd.com> and <http://www.susanlovemdfoundation.org> She wrote the breast bible *Dr. Susan Love's Breast Book* and *Dr. Susan Love's Menopause and Hormone Book*.

Annie Appleseed Project - Ann Fonfa has the most comprehensive website for information on alternative cancer treatments. She is one of the most informed women who has spent countless hours working to get the conventional medical doctors to look at alternative methods. She is another hero. She does offer guidance for women going thru breast cancer looking for alternatives. Her website are:
<http://www.annieappleseedproject.org>
<http://www.annieappleseedproject.com>

Breast Cancer Fund – The Breast Cancer Fund has done a great job of getting major protective legislation passed in California recently. If you want to know what is happening on Capital Hill, Breast Cancer fund is there advocating for you. If you sign up for their mailings, you will get action emails about calling and writing your senators to help get crucial legislation passed.

<http://www.breastcancerfund.org>

Breast Cancer Action – Known as the Bad Girls of Breast Cancer they offer information about the environment and access to care. We are happy to have some of their articles on our website:
<http://www.bcaction.com>.

National Breast Cancer Coalition - Although the NBCC is not actively pushing at environmental issues and a link to Breast Cancer, they are doing a lot of advocacy. They have stated that they don't believe Breast Self Exams are helpful. If you want to become an advocate, they have a great training program.

<http://www.natlbcc.org>

BREAST CANCER DIAGNOSIS – WHAT TO DO

A few books come to mind here. *Choices in Healing* by Michael Lerner and *The Breast Cancer Survival Manual* by Dr. John Link.

Sometimes a new diagnosis can be overwhelming, think about hiring a cancer guide. Remember Annie Appleseed above or:

If you have DCIS , talk to **Dr. Michael Lagios** at: <http://www.breastcancerconsultdr.com> He runs a second opinion service.

Ralph Moss at: <http://www.cancerdesicions.com> offers a personalized cancer report based on your pathology report. If there is any complication with your diagnosis, it is helpful to have a non-biased expert looking at the information with you.

Ralph Moss has some great articles he publishes that you can purchase at his website. Some of his books may be helpful also. If you are a practitioner, you must get his new book.

Complementary Oncology: Adjunctive Methods in the Treatment of Cancer and Antioxidants Against Cancer

Henry Dreher is another Cancer Guide with an extensive research history. These cancer guides can look at both conventional and alternative/holistic treatments. Henry can be found at <http://www.henrydreher.com>.

Dr Gwen Stritter It's a great opportunity to work with a medical Doctor who is also an advocate. She is kind, present and very smart. Great resource for a second opinion. http://strittermed.org/SMC/?page_id=2/

Breast Cancer Connections

If you are in the San Fransisco Bay Area and want support, please give them a call. Their buddy program helps people going thru cancer talk with another owman who has faced a similar diagnosis. They have a number of other programs that are equally helpful.

NUTRITION AND SUPPLEMENTS

First, let's be clear. It is very difficult to get great nutritional information form the internet. Try to find someone you can work with personally.

Here are some of the indusy pioneers.

Susan Weed

<http://www.susanweed.com>

Jeanne Wallace

[http:// www.nutritional-solutions.net](http://www.nutritional-solutions.net)

Donald Yance Master Herbalist <http://www.mederifoundation.org/>

The Physicans Committee for Responsible Medicine

<http://www.pcrm.org/health/cancerproject>

Nutrition is so individual, keep it simple and eat your vegetables. If you need more help, get someone qualified. If you are dealing with cancer, get a cancer nutritionist.

The Satya Center We just found their great website recently and have lifted some recipes from it. SatyaCenter.com is a community website, Portal focusing on alternative health, self-help, spirituality, relationships, health and healing and global news.

BREAST HEALTH AND ENVIRONMENT

Dr. Samuel Epstein

<http://www.PreventCancer.com>

Although her says there is no way to detoxify these chemicals from our system. His books are very informative. **What's In Your Milk?: An Exposé of Industry and Government Cover-Up on the Dangers of the Genetically Engineered (rBGH) Milk You're Drinking** and **Cancer-Gate: How to Win the Losing Cancer War**

Environmental Working Group <http://www.ewg.org>

Collaborative on Health and the Environment

<http://www.cheforhealth.org>

Program on Breast Cancer and Environmental Risk Factors

<http://www.envirocancer.cornell.edu>

Authors for Nutritional Guidance

Elson Haas, MD - <http://www.elsonhaas.com/healthproducts/books-for-adults.html>

Mary G, Enig, PhD - http://coconutoil.com/mary_enig/

Marion Nestle, PhD - <http://www.foodpolitics.com/about/>

Joseph Mercola, MD - <http://www.mercola.com/>

Dan Buettner (author of the Blue Zone)- - <http://www.bluezones.com/about/>

Catherine Shanahan, MD - <http://drcate.com/about-drcatecom/>

Note: More books are available on our Bookstore section.

Please visit www.proactivebreastwellness.com

Websites

US National Library of Medicine National Institutes of Health : www.pubmed.gov

Breast Cancer Action: www.bcaction.org

American Cancer Society: www.cancer.org

Dr. Joseph Mercola : www.mercola.com

ZRT Laboratory: www.zrtlab.com

Women's International Pharmacy: www.womensinternational.com

Labrix: www.labrix.com

Dr. Susan Lark: <http://www.healthdirections.com/dr-susan-lark>

Infrared Breast Health, LLC: www.infraredbreasthealth.com

Tamera Karr, PhD: www.yourwholenutrition.com

Dr. William Amalu: www.breastthermography.com

Non GMO Project: www.nongmoproject.org

Oregonians for Farm & Food Rights: www.farmandfoodrights.org

Vitamin D Council: www.vitamindcouncil.org

Environmental Working Group: www.ewg.org

The Cornucopia Institute: www.cornucopia.org

NCAP: www.pesticide.org

Pesticide Action Network: www.whatsonmyfood.org

Beyond pesticides: www.beyondpesticides.org

PAN North America: www.panna.org