

[WAKING THE WARRIOR GODDESS](#)



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This item: Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer by M.D. F.A.C.S. Christine Horner Paperback \$18.52 In Stock. Ships from and sold by Amazon.com.
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Waking the Warrior Goddess American Nutrition Association

Waking the Warrior Goddess. The increase in US breast cancer is at least partly caused by the increase in US obesity because fat cells produce estrogen. After menopause, fat becomes the principal source for estrogen, so the more fat you have, the more estrogen is produced. Toxins may also play a role.

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Waking the Warrior Goddess. To this end, much of Horner s book approaches food as medicine, with chapters that include Fats that Poison and Fats that Protect You, Specialty Foods with Spectacular Powers, and The Anticancer Power of Anti-Inflammatories. Equally as important, Horner discusses implementing lifestyle changes, such as reducing sugar and stress.

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Christine Horner M D Book Waking the Warrior Goddess

Waking the Warrior Goddess Winner of the IPPY Awards for Best Book in Health, Medicine and Nutrition 2015. In it, she describes why cancer is a wakeup call, a time-out in which women can turn inward to evaluate their lives with the intent to restore good health and learn how to receive, trust, and surrender as they cultivate their relationship with their intuition and a higher power.

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Waking The Warrior Goddess Third Edition by Christine

Waking The Warrior Goddess, Third Edition by Christine Horner. You have the power and ability to influence your state of health more than you ever imagined. Your choices every day significantly influence your chances of staying healthy or developing a disease such as breast cancer.

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Waking the warrior goddess Dr Christine Horner's

Asian defense ; 11. Magic mushrooms and much more) --Part three: Secret weapons for your warrior goddess. (12. Mighty micronutrients ; 13. Defense shields ; 14. Smothering the flames) Part four: Poisoning your warrior goddess. (15. The four perils of red meat ; 16. A dangerous foe in a sweet disguise ; 17. Losing your goddess-like figure ; 18.

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By Title Waking The Warrior Goddess by Christine Horner

Waking the Warrior Goddess sums up with Dr. Horner's program for reclaiming health and defeating breast cancer. Each step is presented as a new custom to implement into one's daily life. The program focuses on those nutrients and activities that bring health, vitality, and longevity to women.

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9781591203636 Waking the Warrior Goddess Dr Christine

The final part of Waking the Warrior Goddess presents Dr. Horner's Thirty-Step Program for reclaiming health and defeating breast cancer. In addition, this book includes an extensive, newly updated resources section for obtaining the particular nutrients and products that our bodies need to become and stay strong and healthy.

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