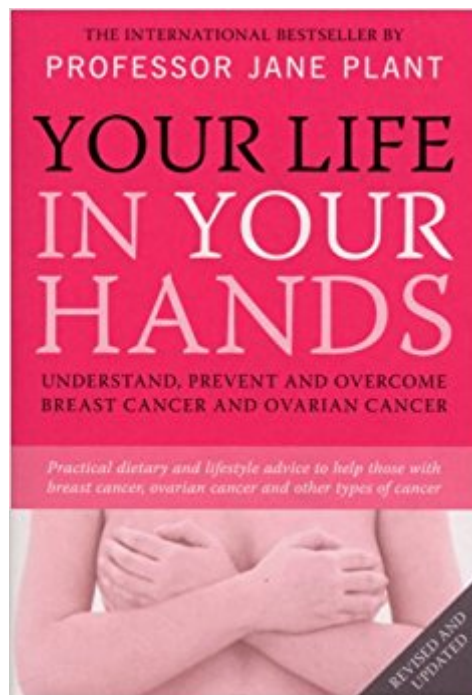




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# Your Life In Your Hands: Understand, Prevent And Overcome Breast Cancer And Ovarian Cancer



## Synopsis

This text considers the subject of breast cancer. It puts forward the message that the disease can be prevented and effectively treated by simple diet and lifestyle modifications. --This text refers to an alternate Paperback edition.

## Book Information

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## Customer Reviews

"I didn't choose to study breast cancer--it chose me," writes Jane A. Plant, Ph.D., chief scientist of the British Geological Survey. Plant knows firsthand the terrifying experience of battling breast cancer that grew progressively worse five times and spread to her lymph system. She also knows the exhilaration and empowerment of defeating it. *Your Life Is in Your Hands* is a detailed account of both Plant's personal story and her tenacious hunt for controllable risk factors for breast cancer. Her conclusion: dairy-product consumption is a risk factor for breast cancer (and perhaps prostate cancer), as smoking is for lung cancer. "Cow's milk is a perfect food for a rapidly growing baby calf," she writes, but "cow's milk isn't intended by nature for consumption by any species other than baby cows." Plant presents a lifestyle program to reduce your risk of cancer, including dietary, stress-reduction, and environmental suggestions. Plant aims *Your Life Is in Your Hands* at a wide audience: women who want to avoid breast cancer, women with active cancer, and health professionals who want to help patients with the assistance of Plant's interpretation of a body of scientific evidence. Despite the amount of detail, Plant writes clearly, even informally, for the layperson. (She refers to her prosthesis as her "false boob.") If you feel you have to skim over the long explanations of her medical treatments, for example, you find a list of tips at the end. Plant's

ideas are controversial, but her scientific reputation is indisputable. She was awarded the Lord Lloyd of Kilgerran Prize, Britain's most prestigious science honor, in 1999. --Joan Price --This text refers to an alternate Paperback edition.

Plant, a British geochemist, claims that eliminating dairy products from her diet saved her from dying of breast cancer (which recurred five times)--and argues that readers can prevent such a diagnosis or recurrence by doing the same. Although this recommendation is based largely on her own experience, she initially discusses how she used her scientific training to discover what caused her cancer. Subsequent chapters address how cells become cancerous; the scientific link between dairy and breast cancer; Plant's dietary and lifestyle recommendations; and why the medical establishment and policy-makers have failed to look sufficiently at the role of dietary and environmental factors in cancer. Plant also includes worthwhile tips for coping with health professionals, conventional treatment (which she supports along with her recommended dietary changes) and the emotional impact of a positive diagnosis. The scientific case Plant builds against dairy products suggests this area is worthy of further study, but the evidence she presents is not substantial enough to warrant her claims. Moreover, her recommendation that women replace dairy products with soy products is also troublesome, as some studies show large amounts of soy stimulate breast cancer cells in women who have had cancer. Although Plant is no doubt sincere, the suggestion that women can "conquer" cancer by following the "Plant Program" is overly simplistic and optimistic. Copyright 2001 Cahners Business Information, Inc. --This text refers to an alternate Paperback edition.

Dr. Jane makes an analysis in the way that western cultures eat and compares it with the people from the farms in Asia to reach the conclusion that the food that we eat contain substances that feed the cancer cells. when i discovered this book i decided to follow the recommendations. I have six years cancer-free, and I feel better than ever, not only I lost weight but i watch everything i eat. As personal decision I refused to take tamoxifen because of the secondary reactions, I will only add the emotional side, if anybody has negative feelings in their lives get rid of them and make peace with others and yourself. Last thing, get the book, it has a lot of advice with fundamental bases.

This is a very good guide to sort out the confusion many people have when confronted with information from many sources. I have been researching for 20 years and intend to follow the advice as closely as I can. Not all health writers are acting in isolation but many are and one needs a book

like this to see the bigger picture.

I read this long before I read "The China Study," but the basic info correlates. If you have breast cancer, or if you have a genetic predisposition, read this book before following your doctor's advice.

Very interesting. Convinced me to scale back my dairy consumption to almost zero. As a lovely side effect, I lost the excess bodyfat that I could never get rid of. I think the ideas in this book are worth considering by anyone.

The book might be ok if I could read it! The print size is so extremely small I will need a magnifying glass to be able to read it! I was very surprised to find this out and quite disappointed.

An excellent book written from the heart as breast cancer very nearly took her life until she researched what may be causing her re-occurrences. Enlightening.

This book by Jane Plant, a British geologist, deals with a very difficult and emotional subject for women, breast cancer. It also has the potential to raise the eyebrows of anyone with a scientific background. There are numerous traps that Jane Plant could have fallen into, however, she avoids all potential disasters and winds up with a very scientific treatise on the subject of nutrition and cancer (breast and prostate). The book is mostly about her fight against breast cancer and the revelation that Oriental women have a very low rate of breast cancer. From this morsel Jane deduces that there may be a significant dietary component to the cause of the disease. Working from there she goes on to discuss a number of scientific studies that involve the growth factors that are contained in dairy products. Jane uses logic and scientific fact to come to the conclusion that dairy products are the single most important factor causing breast cancer in western women. She concludes by offering an alternative diet for women who wish to lower their chances of contracting the disease. This book is a must read for any breast cancer activist and any health care professional who treats breast cancer in women. It is surprising that the book has not gotten more publicity and attention. I suspect the American dairy industry may have had something to do with that.

These people really know about healing and don't reject the conventional medical answers but add great wisdom for wholistic complementation.

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