[DOC] Waking The Warrior Goddess Dr Christine Horners Program To Protect Against And Fight Breast Cancer

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Waking the Warrior Goddess-Christine Horner 2009-05-15 “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 strategy to implement into one's daily life. The program focuses on those nutrients and activities that bring health, vitality, and longevity to women. An extensive resources section lists contacts for obtaining various nutrients and toxin-free products to keep your Warrior Goddess strong and healthy.

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Creative Prescriptions for Women with Cancer-Annette Tello M. S. 2019-08-30 Creative Prescriptions for Women with Cancer is a creative first-aid kit that specifically addresses many of the challenges faced by cancer patients. This guide will help you to tap into your inherent ability to be creative and its potential to heal physically, psychologically, and spiritually. Creativity is your “prescription” to reduce stress, raise spirits, and facilitate the healing process. “Annette does an incredible job of providing women who are healing from cancer a portable art studio, and journal so they can tap into the healing that happens when we are creating joyfully. This book is the framework for escaping the fear and stress of cancer through the prescription of creating authentically. How wonderful that women do not need to be good at art or have any art experience in order to add this form of play and expression to their treatment plan. This book is a great resource to promote mind-body-spirit healing and a sense of wholeness and control over the healing process. I highly recommend adding this wonderful method of self-reflection and self-discovery to anyone’s healing game plan!“ - Debra Nicholson, Director of Community Outreach Center For Advancement in Cancer Education “I love it! This book is a refreshing take on the healing process. New research shows the most influential factor on our health and healing—more than diet, smoking, or genetics—is our emotional well-being. Many of us grew up without the tools to support emotional healing, or feel such progress can only be achieved through long difficult therapy sessions. I love how Annette has created an easy and fun way for people to experience emotional healing. It is a must-have in every woman’s cancer-fighting arsenal!” - Christine Horner M.D, Waking the Warrior Goddess: Dr. Horner's Program to Protect Against & Fight Breast Cancer “In this lovely book, Annette Tello provides a “safe space to express and honor your thoughts and feelings”. In our busy, stress-stressed world, this oasis of creative time may be just the healing you need.” - Ellen Speert, ATR-BC, REAT The California Center for Creative Renewal Annette Tello M.S. is a counselor and coach. If you would like more information or if you would like to work with her, she can be reached at annettelertello.com.

Radiant Health Ageless Beauty-Christine Horner 2016-03-09 Do you fear growing older—that one by one your organs will begin to fail? What if there was a way to age gracefully and beautifully, and stay radiantly healthy, vibrant, limber, and strong? Dr. Christine Horner takes you through her simple 30-day program to enjoy a long life of radiant health and ageless beauty—no matter what your age.

Releasing Pain-Alishia Broughton 2016-10-02 Have you ever felt low in your Spirit? Healing from the Heart is about healing on many levels: Physical, Emotional, Mental and Spiritual. This book will serve to empower others by providing the knowledge, skills and support that allows them to tap into their inner wisdom and make informed and healthy decisions for themselves. God, I feel like I am in a hopeless situation. No matter where I turn I feel stuck. God, the doctors gave me a year to live. God, my husband or wife left me. God, why did you take my loved one. God, I simply do not understand! This book is for you. Healing matters from the heart

Overcoming Sleep Disorders Naturally-Laurel Vukovic 2005 This book explains, in easy-to-understand terms, the numerous (and sometimes complicated) factors that influence sleep and wakefulness. Although sleep deprivation is so commonplace in our stress-filled society that it is taken for granted, “sleep debt” is actually very costly. This title will help readers regain the ability to sleep well and improve overall health. This book also provides a handy guide to selecting and purchasing natural sleep remedies and lists additional resources for finding sleep-related information and products.

Let patients help: a patient “engagement” handbook - how doctors, nurses, patients and caregivers can partner for better care-Dave Dellbrookart 2013-03-20 Concise reasons, tips & methods for making patient engagement effective. The third book by e-Patient Dave, cancer beater, internationally known keynote speaker and advocate for patient engagement, co-founder and past co-chair of the Society for Participatory Medicine. Profile: www.ePatientDave.com/about-dave The book’s web page:
Dying of Health Care

Dying of Health Care, F. N. Hanna

2016-05-04 Today, the debate about how our health care system is failing may seem endless, but for those of us who have lived through the experiences shared in this book, it is all too familiar. The author, a primary care physician, uses his own journey through the American health care system to provide a firsthand account of the struggles faced by patients and their families. The book offers insights into the minds of doctors, including how their financial incentives can affect patient care. It also explores the importance of end-of-life care and the need for greater transparency in the health care system.

Embracing Your Identity and Living Your Purpose

Embracing Your Identity and Living Your Purpose, Sr Daren Waters

2013-03-29 Discovering the answer to life's greatest quest is daunting, but it can also be liberating. This book provides tools for discovering your true purpose and offers insights into the minds of doctors, including how their decisions influence the costs and outcomes of treatments. Ultimately, the author encourages readers to ask themselves and each other the right questions. And never are the Best Questions more important than during a diagnosis of breast cancer. Drawing on cutting-edge research and drawing on readers' own experiences, the author provides a guide to surviving breast cancer and living life to the fullest.

The 10 Best Questions for Surviving Breast Cancer

The 10 Best Questions for Surviving Breast Cancer, Dr. Susan Love

2008-09-30 A good mind knows the right answers...but a great mind knows the right questions. And never are the Best Questions more important than during a diagnosis of breast cancer. This book provides a guide to surviving breast cancer and living life to the fullest.

Life Lessons for Loving the Way You Live

Life Lessons for Loving the Way You Live, Jack Canfield

2013-04-09 Is it possible to be happy all the time? For most of us, happiness comes and goes. But what if you could love your life no matter the circumstances? This book provides a guide to loving the way you live and finding happiness in all its forms.

The Warrior Mindset

The Warrior Mindset, Ron Kness

2017-07-28 It's about not letting your emotions get the better of you and it's about not taking the easy answer or the easy route to solve your problems. Instead, it's about taking the hard right and not the easy wrong. Now imagine if you could take that same mindset and apply it to modern life. Instead of getting tired or bogged down, instead of being distracted and tempted, you would instead drive forward with an unstoppable, bulletproof mentality. Your enemies would quake knowing that there was nothing they could do to stop you and the obstacles that normally would block another path would all crumble beneath your will.

Blind Passenger

Blind Passenger, Melissa Tate

2015-10-09 We've all been there. EVERYONE knows someone who has had their share of binge drinking, mood swings, or addiction that has stretched a relationship to its limits. Dr. Melissa Tate is a popular psychology consultant and licensed professional counselor who takes you on a personal journey of self-disclosure and transparency. Often described as an easy going, juggling-it-all, classy and professional single mom, you would be remiss to assume she has always had it all. Vicariously stuck on the emotional roller coaster of her loved ones' mental instability and self-medicating, addictive behaviors, she has had to literally and figuratively pick herself up from some raw and shocking situations. Through two fulsome tales and a shattered shining bond, she gives you a front row seat to her internal struggle as a blind passenger. A memoir-esque snapshot of these three relationships is used as a platform for broader, often under-discussed, therapeutic conversations about domestic violence and addiction in the family system. And she gets it. She knows how you feel and where you've been—not merely because she has read about it or counseled people through it—but because she has lived it. In being transparent about her intimate experiences with broken relationships, Dr. Tate is able to provide a personal and professional insight for regaining your peace of mind amidst a wild ride.

Information Technology for CSEC Examinations

Information Technology for CSEC Examinations, O'Neil Duncan

The End of Breast Cancer—Kathleen T. Ruddy 2017-10-03 Can a mouse virus cause breast cancer in women? Answering that question has become Dr. Kathleen Ruddy’s life’s work. The End of Breast Cancer is the landmark book that gives an extraordinary glimpse into the history of breast cancer research, and the findings that support the theory that the virus that causes breast cancer in mice has also been found in rats, cats, and monkeys plays a significant role in 40-94% of human breast cancer.

Researchers contend that we are one step away from having final proof of this. Once we know the cause, then we can move forward to develop a preventative vaccine. The first and only breast cancer specialist to compile this encyclopedic research in one volume, Dr. Ruddy writes: “If there’s a virus that causes breast cancer, and a safe and effective vaccine that can prevent this disease, we need to know about it now, not in another 100 years.” The End of Cancer represents the culmination of Ruddy’s research findings and the breakthroughs that are happening every day to unravel the mystery. We may well witness in our lifetimes the eradication of breast cancer.

No Ma’amograms—Dr. Ben Johnson 2016-10-08 Written by acclaimed integrative oncologist Ben Johnson, MD, DO, NMD, No Ma’am-ogram! Radical Rethink on Mammograms refutes the medical myths and fallacies at the root of today’s conventional breast health care protocols, offering readers safer solutions to breast cancer prevention, diagnosis, and treatment. Dr. Ben discusses the new research behind practical and effective alternatives to harmful mammograms, biopsies, radiation and chemo therapies. His holistic approach includes recommendations on diet, exercise, nutritional supplements, and lifestyle changes to counteract the effects of dangerous toxins and medical practices that create the harmful conditions in which breast cancer can arise. Through a wealth of facts, exposes, and preventive tips, this definitive guide shows every woman how to move toward better health maintenance for the breasts and body.

The Handbook of Home Remedies—Elaine evenhouse 2021-10-18 The Handbook of Home Remedies is a quick, A to Z reference tool that covers simple recommendations for common ailments which can be safely managed at home. This guide to health contains hidden truths and ancient wisdom handed down from generation to generation. It draws from a variety of healing traditions and cuts through the marketing hype and hidden corporate agendas with straightforward descriptions and concise instructions. It also contains up-to-date evidence-based strategies for emerging modern challenges such as herps and autism. Written by an occupational therapy assistant with a passion for medicine, and board-certified emergency physician with over 20 years of experience, the information provided is information you can trust. Topics covered range from conventional pharmaceutical drug information to Traditional Chinese Medicine and quantum medicine. This guide is second to none and is a great resource to have in your home!

Curcumin—Jan Mcbarron 2013-07 Curcumin is a miracle nutrient that prevents and treats a wide variety of serious disease conditions, including: Osteoarthritis, back pain, fibromyalgia and other painful musculoskeletal conditions; Heart disease Diabetes Depresssion Alzheimer's disease Digestive disorders Obesity Lung and liver disease If this sounds far-fetched to you, consider the voluminous scientific validations of curcumin's power and the particular effectiveness of super-absorbable BCM-95 . This expanded second edition has extensive information on new research on curcumin and Alzheimer's disease's prevention treatment and an update on the latest research.


Jeff Herman’s Guide to Book Publishers, Editors & Literary Agents—Jeff Herman 2014-11-01 If you want to get published, read this book! Jeff Herman’s Guide unmasks nonsense, clears confusion, and unlocks secret doorways to success for new and veteran writers! This highly respected resource is used by publishing insiders everywhere and has been read by millions all over the world. Jeff Herman’s Guide is the writer’s best friend. It reveals the names, interests, and contact information of thousands of agents and editors. It presents invaluable information about more than 350 publishers and imprints including Canadian and university presses, lists independent book editors who can help you make your work more publisher-friendly, and helps you spot scams. Jeff Herman’s Guide unseals the truth about how to outsmart the gatekeepers, break through the barriers, and decipher the hidden codes to getting your book published. Countless writers have achieved their highest aspirations by following Herman’s outside-the-box strategies. If you want to reach the top of your game and transform rejections into contracts, you need this book! Jeff Herman’s Guide will educate you, inspire you, and become your virtual entourage at every step along the exhilarating journey to publication. Ask anyone in the book business, and they will refer you to Jeff Herman’s Guide. NEW for 2015: Comprehensive index listing dozens of subjects and categories to help you find the perfect publisher or agent.

The Academic Entrepreneur—John Paul Tabakian 2013-04-17 Public funding for community colleges has been steadily declining since the peak of funding in the 1970s. Surviving the constant threats of budgetary cuts has been a key motivating factor for community colleges to embrace academic entrepreneurship. I examined the academic entrepreneurial pursuits of one California Community College (CCC) to understand those factors that encourage community college faculty to pursue academic entrepreneurial solutions. The purpose of this qualitative study is to examine factors that encourage academic entrepreneurship among community college faculty. Specifically, I investigated three categories of factors that influence academic entrepreneurship: individual, institutional, and environmental. Individual factors include demographic and background characteristics, including age, race, gender, academic training, and previous professional careers. Institutional factors include program offerings available for study, institutional mission, and institutional policies and practices, and academic and administrative leadership. Environmental factors relate to the peer influences of a campus that encourages academic entrepreneurial behavior of faculty. The significance of this study lies in the identification of factors that encourage academic entrepreneurship among community college faculty, ultimately supporting institutional efforts to augment funding. I investigated individual, institutional, and environmental factors that encourage academic entrepreneurship among community college faculty. Accordingly, the research questions identify key factors that encourage academic entrepreneurship among community college faculty and explain how they facilitate faculty to engage in academic entrepreneurship. This research questions that I evaluated in this study are: What individual, institutional, and environmental factors influence community college faculty to engage in academic entrepreneurship? What is the relationship between faculty background, institutional, and environmental characteristics and the frequency and quality of academic entrepreneurship among community college faculty? I found that all three factors are essential elements of academic entrepreneurship among community college faculty. Individual, institutional, and environmental factors consist of people who are all pursuing their self-interest. This follows the tenets of rational choice theory as the study finds that self-interest influences faculty academic entrepreneurship. The study argues that changes to institutional policies are the key determining factor to encourage academic entrepreneurship among community college faculty. Institutional policies determine how a college functions and understands the interrelationship between institutional, individual, and environmental factors. Encouraging academic entrepreneurship among community college faculty requires institutional policies. The study offers suggestions for how to encourage faculty academic entrepreneurship by addressing the following areas: faculty job descriptions, faculty job announcements, evaluating faculty levels of academic entrepreneurship, and offering entrepreneurial faculty financial incentives.

The Fountain—Jack Challmen 2009-04-29 In The Fountain: 25 Experts Reveal Their Secrets of Health and Longevity from the Fountain of Youth, pioneers and leaders in the fields of healing, wellness, nutrition, vitamin and mineral therapy, exercise physiology, and beauty share the wisdom they’ve gained and their personal strategies to guide all of us to the fountain of youth.

Jeff Herman’s Guide to Book Publishers, Editors & Literary Agents, 28th edition—Jeff Herman 2018-11-19 If You Want To Get Published, Read This Book! Jeff Herman’s Guide is the writer’s best friend. The 28th edition, updated for 2019, includes strategies to finding your way through today’s field of publishers, editors, and agents. Get the most up-to-date information on the who’s who in publishing: The best way to ensure that your book stands out from the crowd is to find the right person to read it. In this
guidebook, Jeff Herman reveals names, contact information, and personal interests for hundreds of literary agents and editors, so you can find the publishing professional who's been waiting for you. In addition, the comprehensive index makes it easy to search by genre and subject. Learn to write a winning pitch: This highly-respected resource has helped countless authors achieve their highest goals. It starts with the perfect pitch. You'll learn the language that publishers use, and ways to present yourself and your book in the best light. Trust the expert that insiders trust: Bestselling authors and publishing insiders recognize Jeff Herman's Guide as honest, informative, and accurate. New and veteran writers of both fiction and nonfiction have relied on this no-nonsense guidebook for decades.

Everything you need to know to publish your book is compiled in this one go-to resource. In Jeff Herman’s Guide to Book Publishers, Editors & Literary Agents you’ll find: Invaluable information about 245 publishers and imprints Independent book editors who can help make your book publisher-friendly Methods for spotting a scam before it’s too late Methods to becoming a confident partner in the business of publishing your book. This guide is an excellent addition to your collection if you have read Guide to Literary Agents 2019, Writer's Market 2019, or The Essential Guide to Getting Your Book Published.

Honey! I Shrunk the Tumor—Dea Cappelli 2016-01-25 When Dea Cappelli found herself lost in a diagnosis of breast cancer, she determined to take control over the situation. She embarked on a mission to shrink her tumor with the intention that, if successful, she would share her healing tactics. Honey! I Shrunk the Tumor: Turning Wait Times into Healing Times is the result of extensive research and heartfelt caring for others facing a similar diagnosis. This easy-to-read, inspiring reference encourages readers to be pro-active, take charge of their bodies and to try, alongside traditional treatments, scientifically-studied holistic options. Not meant to be a scholarly treatise, it is rather a Digest of the research that is currently being done - a menu of options to choose from. Honey! I Shrunk the Tumor is a gentle push, not only for those with breast cancer, but for everyone, to consider simple lifestyle changes and attitudes that will have long-lasting, positive effects for everyday life and ensure the best chance for preventing cancer recurrence.

The Gladiator’s Guide to Corporate Health and Wealth—Roger Sahoury 2016-09-04 WELLNESS GLADIATORS UNITE “Carpe Diem! Rejoice while you are alive; enjoy the day, live life to the fullest; make the most of what you have. It is later than you think.” Horace In modern times, Wellness Gladiators require the same precise discipline and battle skills of the gladiators of old to combat the forces threatening our health. In today's world of stress, overwork, and poor health, it takes 100% dedication and discipline to achieve a revolution in health. Just as Spartacus led an uprising that would change Rome, Dr. Roger Sahoury is committed to bring together Wellness Gladiators fight against our public health crisis, changing private lives, public lives and our workplaces. This book will help companies become even more productive, profitable and run at a super charged performance level. Creating an environment that breeds healthy and happy employees that are now mission based instead of job based. Companies that strategically manage wellness see: 60% greater retention of employees, 200% more revenue per employee, and 38% increased employee engagement. Won't you join our Revolution Now?

Good Mornings: Wake-Up Calls for Life—Randolph D. Sconiers 2018-10-25 Good Mornings is designed as an easy and practical read, that can be utilized at any time of the day but it