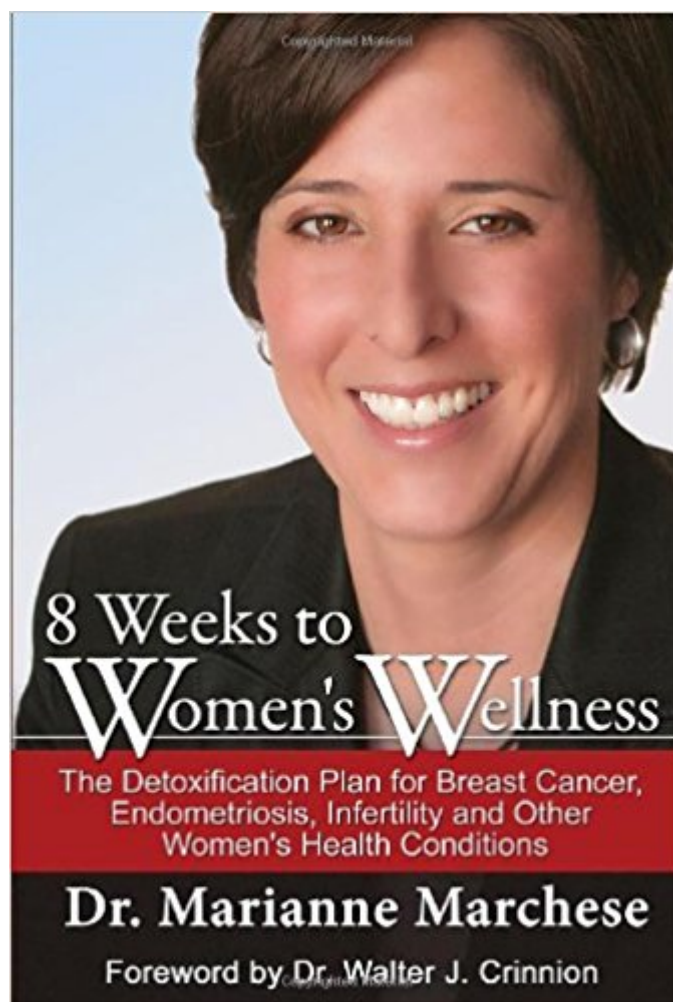


The book was found

8 Weeks To Women's Wellness: The Detoxification Plan For Breast Cancer, Endometriosis, Infertility And Other Women's Health Conditions





Synopsis

8 Weeks to Women's Wellness, details the environmental links to women's health conditions and provides a roadmap on how to remove built up stores of toxins from the body. Dr. Marchese describes the various ways women are exposed to chemicals through everyday products and how these toxic chemicals are linked to 10 common women's health problems. In the book, Dr. Marchese shows women how to avoid these toxins and provides healthy alternatives to cosmetics, cleaning, and personal care products. 8 Weeks to Women's Wellness is a must-have book for those who want to reduce their exposure to toxins and learn how to remove chemicals from the body through a simple 8 week at-home detoxification program.

Book Information

Paperback: 256 pages

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Average Customer Review: 4.5 out of 5 stars 32 customer reviews

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Customer Reviews

8 Weeks to Women's Wellness is a book that both awakens and teaches."Peter J. D'Adamo, N.D. Author of Eat Right 4 Your Type --back cover of the book This isn't a book to sit down, read, and then pass on in a "Goodwill" box or book sale. You will want to keep it handy on the shelf so you can review it again and again. --Carol Petersen, Women's International Pharmacy National Health Federation Review of "8 Weeks to Women's Wellness. " can be viewed at thenhf.com/page.php?id=293

This book is very personal to me and the hundreds of patients I have treated over the years who had a health condition linked to chemicals in the environment. My patients asked me to write this

book. It is for them. My mission is to educate women, men and children of the common sources of exposure in the home, at work, and through hobbies and other activities. It will blow your mind, the things you didn't know. It will change your life if you are willing to make a few dietary and lifestyle changes. The 8 week detoxification plan is simple and easy to follow and you will feel better. Some may have a health condition improve, some may lose weight, and some may simply have more energy. Spread the word and let's get these chemicals out of our food, air, water and household products. Simple steps to improve your health

It was a little repetitious with the format and style, meaning it read like a series of reports. Still, it was informative. You have to be committed to wanting to read it until the end. Having said that, Marchese did a good job of educating about incredible amount of toxins we all suffer while giving the reader great suggestions about how to control exposure. I also gained many new web resources for searching out safe foods and products.

Dr. Marchese does a fabulous job at presenting information on how our environment impacts women's health and what, as women, we can do to reduce our exposure to endocrine disrupting toxins, improve our body's ability to detoxify from them and maintain our health. Dr. Barbara MacDonald, ND, LAc - The Breast Cancer Companion

Dr. Marchese has compiled a combination of facts and resources enabling you to not only understand why you have become ill, but also to begin a path to restoring your health. She helps the reader to understand why it is no longer an option to wait and treat symptoms as the toxic effects of today's chemical accumulate within and causes a loss of normal body functions. Using clear examples we find out that often these toxins are altering our nervous, immune, digestive and elimination systems resulting in the failure of our body to be able to adapt to the environment. Begin your own plan to reduce and remove the pollution from yourself and family, I have added this book to my recommended reading list for patients serious about creating a long and vibrant life.

This was a gift for a dear friend as I didn't want to part with my personal copy! Always a recommendation for others that can benefit from Dr. Marchese's advice!!

great read

I recommend this book highly for anyone who faces environmental issues. Actually with chemicals in the food, water and air today, everyone should read this book.

Great job.

A good book to introduce environmental medicine to women, good book for the women's health and wellness.

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