

# THE WHOLE-FOOD GUIDE FOR BREAST CANCER SURVIVORS

A Nutritional Approach to Preventing Recurrence

EDWARD BAUMAN, MED, PHD & HELAYNE WALDMAN, MS, EDD

About  
the  
Authors

**Edward M. Bauman, MEd, PhD,**

is executive director of Bauman College Holistic Nutrition and Culinary Arts. He is a groundbreaking leader in the field of whole foods nutrition, holistic health, and community health promotion, working to bring his Eating for Health approach to community agencies and clinical health care settings.

**Helayne L. Waldman, MS, EdD**

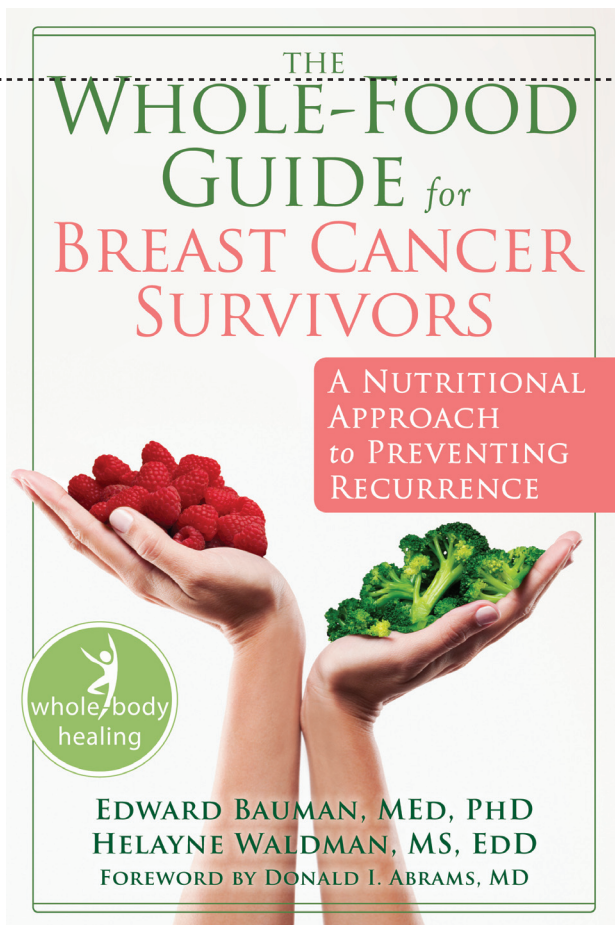
is a holistic nutrition educator with a passion for helping those with breast cancer. A faculty member at Bauman College, Waldman is also a columnist, a private practitioner, and a consultant to breast cancer clinics and doctors in the San Francisco Bay Area.

Millions of breast cancer survivors have two things in common:

a renewed gratitude for their good health and a recharged commitment to taking care of their bodies.

The *Whole-Food Guide for Breast Cancer Survivors*

is an integrative, whole foods guide to rebuilding health after surviving breast cancer and reducing the chance of breast cancer recurrence. This guide helps readers get the nutrition they need in order to keep breast cancer at bay, with specific guidance for managing hormone levels with food. It also explains how nutritional deficiencies, environmental factors, blood sugar, inflammation levels and GI health all affect cancer's ability to attack the body. Using holistic health and nutrition leader Edward Bauman's Eating for Health model, readers learn to eat for health in order to starve cancer and enjoy stronger, healthier bodies.



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A NUTRITIONAL APPROACH TO PREVENTING RECURRENCE  
Edward Bauman, MED, PHD & Helayne Waldman, MS, EDD  
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## Interview Questions

1. You are not a breast cancer survivor so what motivated you to write this book?
2. How would you describe your overall approach to working with women to lower breast cancer risk?
3. What do you feel are the most important environmental toxins to avoid?
4. You stress the importance of organic food – why is organic so vital to minimizing risk?
5. What are a few of your favorite nutrients that help lower breast cancer risk?
6. We all have heard that sugar is “bad” for cancer – but why? Do you have any suggestions for those of us who still have a sweet tooth?
7. Many medical experts have jumped on the “inflammation” bandwagon these days, saying that cancer is an inflammatory disease. Do you agree and if so, what can we do about managing our inflammation?
8. In the book you discuss how food can lower estrogen levels that are too high. Can you elaborate?
9. What’s the role of exercise in helping cancer survivors prevent recurrence?
10. What markers do you recommend women measure to assess for themselves where they fall on the continuum of risk?

## Praise

“As the general public becomes more interested in the benefits of healthy eating, these authors are shining a light on the association between nutrition and malignant disease. The book is an evidence-based treatise on the role of nutrition in wellness, treatment, and follow-up care as a vital part of dealing with cancer. It also happens to be the part which the patient has the most control over. The book is a treasure chest of cutting-edge information. It includes a meal plan, pantry set-up, and starter recipes. Display this one front and center.”

—Anna Jedrzewski, *New Age Retailer*

“The heart and soul of the *The Whole-Food Guide for Breast Cancer Survivors* is empowering! The book is chocked full of wonderful morsels of information, and shows us that food is one of our most powerful tools towards healing and nourishment.”

—Rebecca Katz, MS, author, *The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery*

“*The Whole-Food Guide for Breast Cancer Survivors* is a commonsense compendium of what you need to know to live longer and better if you have or had breast cancer, or want to prevent it. Authors Bauman and Waldman wisely blend lifestyle and natural strategies that strengthen our body’s defenses against cancer and promote wellness. A must read for anyone who wants to take control of their health’s destiny.”

—Len Saputo, MD, founder of the Health Medicine Forum, Health Medicine Center, & author of *A Return to Healing*

“*The Whole Foods Guide for Breast Cancer Survivors* offers readers a robust synthesis of how nutrition can dramatically reduce your risk of breast cancer or recurrence. It provides not the watered-down and jaded suggestions offered previously but exciting, new tips that most oncologists don’t know. Highly empowering and life-altering for women—and we’re all at risk for breast cancer.”

—Sara Gottfried, MD, physician,  
The Gottfried Center for Integrative Medicine in Berkeley, CA.

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