

**The Whole-Food Guide For Breast Cancer Survivors: A  
Nutritional Approach To Preventing Recurrence (The New  
Harbinger Whole-Body Healing Series)**

**By Edward Bauman MEd PhD; Helayne Waldman MS  
EdD**



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This dietary pattern also tends to have a low intake of colorful whole food fruits and vegetables. The Whole Food Guide for Breast Cancer Survivors, <http://www.greenmedinfo.com/blog/if-youre-concerned-about-breast-cancer-what-you-must-know>

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