

Essential # 6 – Repair With Therapeutic Plants

The use of medicinal plants is well recorded in the journals of history, as far back as the Egyptian and Persian dynasties. The Native Americans also used plants extensively to heal various illnesses.

Specific plants and herbs contain special compounds that nourish, stimulate, tone, strengthen, detoxify and speed up the healing of the body.



There are literally thousands of published studies in the U.S. National Library of Medicine that prove the healing power of herbs and nutrients. In fact, it is very important to me that my message of hope is based on science and evidence that compounds in foods, herbs and specific supplements drastically reduce your risk of developing breast cancer and improves your ability to heal.

For example, simply making sure that your Vitamin D levels are in the optimal range, can reduce your risk of developing breast cancer by 83%!

An in depth explanation of the therapeutic effect of herbs, tonics, tinctures and homeopathy is discussed in my first book, *Heal Breast Cancer Naturally*. I am very proud of this book since it is the culmination of over 35 years of personal and professional experience in the area of health and wellness.

Thank you again for requesting my mini email course. One more to go! Woo Hoo!

How do you know if you are **REALLY cancer-free**? Essential # 7 can help answer that question for you.

