



No Ma'amograms!: Radical Rethink on Mammograms

Dr. Ben Johnson

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Written by acclaimed integrative oncologist Ben Johnson, MD, DO, NMD, *No Ma'am-ogram! Radical Rethink on Ma'amograms* 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, exposés, and preventive tips, this definitive guide shows every woman how to move toward better health maintenance for the breasts and body.

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