



Stop Breast Cancer Before it Starts

Samuel S. Epstein Md

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With pink buckets of Kentucky Fried Chicken, "I'm here for the boobs" t-shirts and coffee cups, and a pink ribbon celebrity dunk tank on *The Ellen Degeneres Show*, a Mardi Gras culture has arisen around a deadly disease over the last decade. The highly marketed pink ribbon, criticized for being tied to pharmaceutical interests, presents breast cancer as normal and pretty in pink. Yet, the statistics of breast cancer remain the same.

Expert on the preventative causes of cancer, Dr. Samuel S. Epstein has been watching the debates around breast cancer for more than four decades. He asks, with all the talk about early detection, mammograms, improved treatment, and the race for the cure, why don't we ever hear about breast cancer prevention? Dr. Epstein knows the substantial research that has directly associated many factors of daily life with the development of the disease. The steps that can be taken to prevent it are often amazingly simple, but rarely make the headlines. Here, the evidence is presented and preventative choices are carefully and accessibly outlined. In presenting this critical information that all Americans should know about, *Stop Breast Cancer Before it Starts* empowers women to take charge of their health and make a real difference in the fight against cancer.

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