

Announcing a Breakthrough in Breast Cancer Prevention Books

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Contact: Robert Pendergrast
(706) 339-5556
robert.pendergrastmd@gmail.com
<http://www.breasthealthplan.com>

Augusta Georgia Physician's Mission to Save Lives With New Diet

Robert Pendergrast, M.D. is on a mission. He wants to prevent breast cancer in as many women as he can. So he wrote a book. And now he wants to sell 10,000 of these books on Amazon on October 1, 2010.

"October is Breast Cancer Awareness Month. I thought it only fitting that we put the book into the hands of thousands of women right out of the gate. My aim is to reach mothers, daughters, sisters, nieces, and anyone who has at least one of these relations in their lives," Dr. Pendergrast said of his goal.

That would be everyone, of course. The book, entitled, *Breast Cancer: Reduce Your Risk With Foods You Love* contains not only groundbreaking nutritional advice, but also environmental cautions and lifestyle recommendations.

Dr. Pendergrast relates, "I am not trying to be controversial here. Everything in the book is backed by research. Even I was surprised at some of the findings. It was a very enjoyable book to write."

Apparently, it is an enjoyable book to read, too. Dr. Pendergrast's book has received rave reviews from some of the most notable health and wellness experts and authors. Among them are Tieraona Low Dog, M.D., Director of the Fellowship, Arizona Center for Integrative Medicine, Dr. Roger Jahnke, CEO of Health Action Synergies and author of *The Healer Within*, Donald I. Abrams, M.D., Integrative Oncology and Professor of Clinical Medicine, University of California, San Francisco, and Nita Zachow, Executive Committee, Breast Cancer Prevention Coalition, Patient Advisory Committee, Medical College of Georgia.

Dr. Andrew Weil, M.D. says of the book, "If all women were to follow this guide to optimum breast health, it would mark a turning point in the war on breast cancer, from treatment to primary prevention." That is high praise from about as credible a source as they come.

So how does a busy pediatrician and member of the faculty of the Medical College of Georgia find himself so interested in a topic like breast cancer prevention? It turns out that Dr. Pendergrast is also the director of Aiken-Augusta Holistic Health, a North Augusta clinic with services that include Dr. Pendergrast's integrative holistic medical practice, clinical hypnosis, traditional Chinese medicine, life and health coaching, and massage.

"When a woman has breast cancer, every one in the family is involved. That kind of impact is felt very deeply. I wanted to help by reducing the risk of breast cancer in the first place," Dr. Pendergrast says.

Breast Cancer: Reduce Your Risk With Foods You Love is available through the publisher, Penstokes Press, and through the website <http://www.breasthealthplan.com>. Of course, you can also pick up a copy of it at Amazon.com on the first of October.