



# I Have Breast Cancer - What Now?

*Teresa Ferreiro*

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## **I Have Breast Cancer - What Now?** Teresa Ferreiro

What to do when diagnosed with a breast tumour?

What lies ahead?

Where can I seek help?

Who do I tell and how?

What should I believe from everything I am told?

And what can I do to help myself get better?

At some point in their life, one in eight women will face breast cancer. This guide offers a new way to take control of this situation, naturally, practically and proactively. It includes a series of guidelines and remedies that will help the reader find the answers they need. Teresa Ferreiro addressed her tumour as another one of life's projects, with a starting date and a conclusion, without letting it overwhelm her life.

As she says, "I don't want the tumour to be part of our daily dinner table conversation". On the day she received the diagnosis she started her research and learned to find the answers that the doctors did not give her: the causes, alternative therapies, techniques and remedies to help her through the treatment as best as possible. Teresa's experiences and suggestions are brought together in these pages in order to help other people in the same situation.

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