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HEALTH & WELLNESS



Breast Friends Cancer Support Network

Helping women survive
the trauma
of cancer ... one
episode at a time.



With host
Michelle Beck
www.breastfriends.org

Breast Friends Cancer Support Network
Wednesday at 9 AM Pacific

**January 19th 2022: After Cancer: How to Reduce
Recurrence Risk & Speed Up Recovery**

Once treatment is finished, the medical system kind of just spits you out, and you're left on your own. It's a big world out there full of misleading information and it isn't easy to navigate and find what actually works. So instead of having people bounce around from one fad diet or bad nutrition tip to the next, Dr Megan Bernard developed her step-by-step educational system that teaches you how to optimize your health and prevent cancer recurrences - without restrictive diets and bad lifestyle advice.

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Wednesday at 9 AM Pacific
Time on VoiceAmerica Health
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Featured Guest

Guest Image

Dr Megan Bernard, ND

Dr Megan Bernard is a board-certified naturopathic doctor and founder of Flourish! The Roadmap to Recovery, a step-by-step cancer recovery and prevention method for women who want to feel empowered and energized after cancer treatment. After supporting hundreds of women through their diagnosis and treatment, she decided that something great had to be done to help these women to regain control of their future and to feel their best after cancer. Dr Bernard has been published in several scientific journals for her work in breast cancer and the immune system. She has a Bachelor of Health Science, a Masters of Science, and a Doctorate in Naturopathic Medicine, all having a focus on cancer. Her

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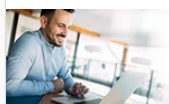
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