

# The Proactive Breast Wellness™ Program

## Disc One

Introduction

Chapter 1 Anti-Estrogen Diet

## Disc Two

Chapter 2 Supplements

Chapter 3 Acid / Alkaline Diet

## Disc Three

Chapter 4 Power of Progesterone

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## Disc Four

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Includes *Waves of Serenity*:



“I tried *Waves* this morning and it was great! Just left a little graffiti in the sand. ‘I was there.’ Of course, it washed away so I’ll have to visit the beach tomorrow. It was truly relaxing and I felt much calmer afterwards.”

~Veronica T.



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