



Dear James:

It was a pleasure meeting with you to discuss the development work on your upcoming breast cancer awareness book.

As a board certified and licensed Naturopathic Physician, I hold a BS in Biology and a Doctorate in Naturopathic Medicine from Bastyr University and I completed a residency specializing in adjuvant cancer therapy. .

In my practice one of my emphases is on the emotional aspects of health and disease in conjunction with lifestyle, nutritional management as well as the psychological impact that one encounters.

I can truly state that without our face-to-face meeting, I would not have been able to fully appreciate the value of what you are doing as well as the positive impact of the very impressive and artistic images of some of the women will be featured in the book. I especially like the idea of the women providing a personal story of how they were impacted, directly or indirectly, by breast cancer.

The approach of the book to show women “top-free” who have been physically/ psychologically impacted by breast cancer provides a much needed visual appreciation and communicative connection between the reader and the women who are sharing/ relating her story. By appearing top-free are addressing the misplaced perception that the presence or absence of breasts are tied to and defines them as a woman or that it negates their intelligence, spirit or sexuality. The fact that you are also including women who have experienced a “scare” will serve as an example to others that routine exams are imperative.

What I found most impressive is your involvement, enthusiasm and dedication to a project such as this book that will benefit so many people. As a male you demonstrate an attitude that reflects a refreshing effort to help women who fear what might happen to them from a feminine perspective if they have to make a lifesaving decision.

This book will help men to understand the fears of women so that they can be more supportive, sensitive and aware that the comments they make about a woman and breasts/ sexuality in the presence of the women in their lives could leave a damaging and inaccurate impression of how they feel about love, sexuality and women overall.

Please accept this letter as my support for your book and the issues that you address to assist women in realizing that breast cancer is not a death toll. The possibility of losing a breast to save one’s life is not a death sentence to womanhood, femininity or ability to love or be loved. I trust that your book will help women to overcome their fears and realize that early detection and screening is invaluable, their lives can be full and their self-esteem, confidence and sense of femininity can be intact.

Jennifer Phillips, ND
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