PRESS RELEASE

Testosterone Replacement Gains National Attention from Secretary of War, Pete Hegseth.
New Book "Goodbye Breast Cancer!" Offers Science-Based Strategy

Comprehensive Guide Explores the Benefits, the Risks, and Safer Alternatives to Testosterone Replacement—Now Available on Amazon, Apple Books, and BooksArray.com

With Secretary of War Pete Hegseth publicly recognizing the importance of testosterone replacement, millions of American men are asking the same questions: Is it right for me? What are the risks? Is there a better way? A new book answers all three—and goes much further.

Goodbye Breast Cancer! All Estrogen Dependent Cancers and OBGYN Disorders Are Preventable! by Jack Jay, IMR™, devotes an entire section to men's hormonal health, cutting through the hype to separate the facts from the distortions surrounding testosterone replacement therapy. The book explains the genuine life-saving benefits of healthy testosterone levels, the documented downsides of conventional TRT, and how to do it properly—including a power-cycling approach that avoids the pitfalls of continuous replacement. For men who want the benefits without committing to lifelong injections, the book also reveals a superior alternative that most doctors never mention—one that delivers the benefits without the drawbacks.

And that is only part of the story. The same hormonal science that helps men optimize testosterone safely also holds the key to the book's central message for women: all estrogen-dependent cancers—including breast cancer—and OBGYN disorders are preventable.

Additional topics covered include:

- Immunotherapy Discussed
- Sleep Apnea - A Nightmare
- How Important Are Genetics
- The Future of Medicine with AI
- Men Can Have Better Sex & Muscular Bodies into Old Age
- Women Can Regrow Thinning Hair!
- Help Your Child with ADD, ADHD & Asperger's
- Stay Forever Young
- And Much More

Why This Matters Now

Timing is everything. As testosterone replacement moves from the doctor's office into the national conversation, people who are interested in pursuing it correctly finally have a resource grounded in decades of research rather than marketing hype. And for women, the book's prevention strategies for estrogen-dependent cancers could not be more urgent.

Availability

Goodbye Breast Cancer! is available now on:

- Amazon.com
- Apple Books
- BooksArray.com

About the Author

Jack Jay, IMR™ (Independent Medical Researcher), is an author, entrepreneur, and researcher whose work spans medical science, economics, and personal transformation. A self-made businessman who built a multi-million-dollar enterprise from the ground up, Jack brings the same rigor to his intellectual pursuits—three decades of research in hormonal health and cancer prevention. His mission is simple: to put life-changing medical knowledge into the hands of the people who need it most, in plain language anyone can understand and act on.

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