



## Breast Health Tips

**There are many factors that make up your breast health. Here is a list compiled from several sources (see below) you may wish to consider in your diet and lifestyle:**

**Avoid or limit coffee and black tea.** These contain methylxanthenes which mimic estrogen and stimulate estrogen receptors in the breast, leading to a growth of “bad” estrogen sensitive tissue.

**Avoid underarm anti-perspirants/deodorants,** which suppress the natural elimination of toxins through the sweat glands. Many deodorants also contain toxic elements such as aluminum or mercury.

**Avoid stressing the liver with alcohol, drugs or medications.** The liver will bind and eliminate excess estrogens only if it is not burdened with other more aggressive toxins. Numerous studies have found that each daily drink you have increases your risk for breast cancer by 11%.

**Eat fresh, organic whole foods.** Avoid produce in the “dirty dozen” when not organic. These are: Apples, raspberries, blueberries, celery, sweet bell peppers, potatoes, peaches, strawberries, nectarines (imported), grapes (imported), spinach, lettuce, cucumbers. Cherries, pears, kale greens and green beans are also of concern. Foods such as oat bran, celery, carrots, apples, whole wheat bread, etc., contain fiber that binds toxic hormones in the gut and promotes the elimination of exogenous (bad) estrogens. Cruciferous vegetables such as kale, brussels sprouts and broccoli contain compounds that are known to reduce your risk of breast cancer. Avoid canned, processed, boxed and microwave foods.

**Include dietary “superfoods”.** Mushrooms of all kinds, but especially Reishi, Maitake, Shitake and button varieties. Garlic, ginger, turmeric, and seaweeds boost immune function.

**Consume healthy fats.** Fish and krill oils, olive oil, and coconut oils are health promoting. Avoid health destroying fats such as hydrogenated and trans-fats, corn, canola, vegetable oils and margarines.

**Avoid exposure to chemicals.** Use green household cleaners or make your own. Avoid scented products and perfumes. These are made from chemicals and detrimental to your health and others around you. Use natural beauty products. Don’t minimize the danger of exposure to fumes, such as new carpet and paint off-gassing, nail polish, gasoline and home and garden sprays. Often, a molecule that is inhaled can be more “active” and dangerous than one that is swallowed. Make sure to have adequate ventilation when using any type of chemical.

**Include specific supplements.** Research has shown that Indol-3-Carbinol, DIM, Calcium-D-Glucarate, Folate, Vitamin D3, Vitamin E, Selenium, Iodine, and Vitamin B-12 are all powerful weapons in the fight against breast cancer.

**Drink green tea.** Green tea has been shown to be effective at fighting breast cancer, protecting against the side effects of radiation therapy and much more.

**Use melatonin at bedtime.** Not only will you sleep better, but melatonin boosts the immune system, is a powerful

anti-oxidant, and is associated with lowering your risk for breast cancer. 1 – 5 mg is all you need.

**Hormonal testing.** Balancing your hormones can significantly reduce your risk of breast cancer. Excess estrogen is directly linked to an increased risk for breast cancer and causes other problems like fibroids, weight gain, and moodiness. It can also lower thyroid function. Estrogen dominance is the number one risk factor for breast cancer. Progesterone (bio-identical not synthetic) balances estrogen dominance, slows proliferation of breast cells, alleviates PMS and menopausal symptoms and promotes calm moods. \*Thermal imaging can see estrogen dominance in breast tissue. Because the breasts can hold up to 50 x's the estrogen detected by serum blood levels, thermal imaging is an excellent tool to help monitor hormone levels.

**Reduce or eliminate red meat.** Eating less red meat reduces your risk for inflammation, breast cancer, heart disease and obesity. Eat grass fed organic beef when possible. It is leaner and contains healthy omega 3 fats.

**Reduce your sugar consumption.** It elevates your risk for insulin resistance, diabetes, obesity and it feeds cancer if you already have one. Sugar aggravates any menopausal symptoms you may be having, such as hot flashes and night sweats.

**Enjoy sunlight daily in small doses.** Vitamin D from sunlight is converted in the body to D3, or "Super D". Brief exposure without sunscreen is linked to reduced risk for breast cancer.

**Practice stress management.** Cortisol, the stress hormone released by the adrenal glands, wreaks incredible havoc on our immune system. It contributes to inflammatory conditions, insulin resistance, estrogen dominance, chronic fatigue and much more. Touch, laughter, play, exercise, deep breathing, hobbies and meditation are all ways to relax and turn off cortisol production.

**Keep your urine Ph between 6.4 – 7.0.** An acid body Ph predisposes the body to numerous health problems and diseases. An alkaline Ph is a pre-requisite to good health.

**Take good care of your teeth.** There is a direct correlation between oral health and the health of your body. Don't underestimate this connection.

**Maintain a healthy weight.** Fat cells produce estrogen. The more of them you have, the more estrogen your breasts are exposed to.

**Adopt an anti-inflammatory lifestyle.** Not only will you reduce your risk for cardio-vascular disease (the NUMBER ONE KILLER OF WOMEN), you will lower your risk for cancer.

**Have an emotional support network.** People who feel emotionally supported have stronger immune systems and tend to fare much better psychologically and physically than people who are more isolated.

**Eliminate sodas and junk foods.** These are filled with chemicals, sugar, fats and sodium, all of which destroy health. They are not just empty calories, but are actually anti-nutrients, which rob us of our health.

**Exercise daily.** It reduces stress, builds immune function, prevents osteoporosis, releases feel-good endorphins and makes you look and feel great. Specifically for your breast health and lymphatic system, a mini-trampoline (rebounder), or bouncing while sitting on a large exercise ball or horse riding. Adding the arms in a jumping jack motion (up and down above the head), helps the lymphatic system to work properly.

**Take supplemental minerals.** Mineral deficiency is a widespread and usually completely unrecognized problem. Minerals are essential to health and wellbeing. Most women would benefit from 500 mg magnesium daily, but very few actually get it. We should be getting calcium and magnesium at a 2:1 ratio, so that for every 500 mg of calcium we take, we should have 250 mg of magnesium. Some mineral deficiencies, such as selenium, are

directly correlated with increased risk for breast cancer. Brazil nuts are the richest natural source of selenium. A handful a day gives you all the cancer fighting selenium you need.

**Do not use synthetic vitamins.** Synthetics do not behave the same way in the body or carry the same benefits as naturally derived supplements. A supplement from a whole source comes with the essential co-factors and synergists that allow it to work as nature intended. Taking large doses of isolated synthetic nutrients (such as vitamin A) can be dangerous and harmful to health. All supplements should be derived from whole foods and other once-living sources.

**Avoid birth control pills and synthetic HRT.** These synthetic hormones carry a high risk for cardio-vascular events (deep vein thrombosis, embolisms, heart attacks, strokes) and breast cancer.

**Rest adequately and sleep in the dark.** The adrenal glands require at least 5 hours of uninterrupted sleep to rejuvenate. Our immune system requires adequate rest at night, in the dark, to receive the benefits of melatonin, a breast-protective natural hormone.

**Detoxify on a regular basis.** The older we get, the more cumulative exposure to toxins we have suffered and the more imperative it becomes to detoxify our systems. Toxic exposures are directly linked to increased risk for breast cancer.

**Limit exposure to EMFs.** Electro-Magnetic Frequencies disrupt our own natural bio-electrical fields. Cell phones, computers, blow dryers and other commonly used appliances should be used with protective devices to neutralize their impact.

**Have a spiritual practice.** Meditation, prayer, chanting and belief in a Higher Power can raise our spirits, our outlook, and our ability to resist illness.

**Take a Co-Q10 supplement.** Fatigue is one of the most common complaints women have. Co-Q10 helps to improve energy at a cellular level, which leads to systemic improvements. It improves circulation and helps to lift "brain-fog" too. It has been shown in research to help shrink breast tumors.

**Don't drink from plastic water bottles.** The chemicals in plastic water bottles can become active when the plastic is warmed, such as occurs in microwave or even in the car on a hot day. These chemicals leach into the water and into you when you drink it. Switch to glass or stainless steel.

**Drink fresh vegetable juice often.** Packed with phyto-nutrients and enzymes, fresh veggie juice detoxifies the liver and provides a real energy boost.

**Install a shower filter.** Chlorine, fluoride and other harmful substances are inhaled as steam in the shower in addition to being absorbed through our pores.

**Avoid metal under-wire bras.** The constriction they impose on the lymphatic system is not healthy for breast tissue. The more your breasts are able to move freely, the better for your breast health. When at home, ditch the bra. Studies have shown a direct correlation to the more hours per day wearing a bra, the higher the incidence of breast cancer.

**Take digestive enzymes.** You must be able to properly break down your food for proper digestion and health.

**Consume anti-oxidants.** These are the first line of defense for protecting DNA from damage of free radical molecules. Phyto-nutrients are naturally occurring anti-oxidants that also deliver life giving enzymes, vitamins and minerals. Best choices are fruits and vegetables with rich, deep colors such as all berries, yellow squash, carrots, dark green leafy vegetables and cruciferous vegetables such as broccoli, cauliflower, and kale.

**Avoid foods with allergic reactions or food intolerances.** These foods act like a poison in your body. Allergies and intolerances are not the same. If you don't know, get tested.

**Put yourself first...(most of the time.)** There are times when other's needs must come first but there's a reason the flight attendant tells you to put your oxygen mask on first!

**Eliminate dryer sheets and fabric softeners.** These both have an average of 86 chemicals in them. Instead use wool balls and put essential oils on them for a natural and healthy scent.

## Suggested reading for breast health:

Breast Cancer Boot Camp – By: Dr. William B. Hobbins, M.D., and Wendy Sellens, L.Ac.

Better Breast Health for Life – By: Tirza Derflinger, CTT

The Complete Natural Medicine Guide to BREAST CANCER - A Practical Manual for Understanding, Prevention and Care. By: Dr. Sat Dahram Kaur, N.D.

The Warrior Goddess – By: Dr. Christine Horner, M.D., F.A.C.S.

What Your Doctor May Not Tell You About Breast Cancer – By: Dr. John R. Lee, M.D.

Women's Bodies – Women's Wisdom – By: Dr. Christiane Northrup, M.D.

Coconut Cures – Dr. Bruce Fife, N.D.

The Detox Book – Dr. Bruce Fife, N.D.

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