

BASIC BREAST HEALTH

Our goal is to create an awareness of Prevention as a healthcare strategy.

Join us in our goal to make a difference and keep your breasts healthy!

1. Schedule an annual medical exam.
2. Avoid restrictive bras and deodorants containing aluminum.
3. Learn dry brushing to stimulate the lymph system (we have the brushes).
4. Take a good quality fish oil (along with vitamin E) or flaxseed oil for omega-3 fats.
5. Avoid:
 - Red meat and chicken with added hormones
 - White flour and white or processed sugar
 - Alcohol, sodas, MSG, caffeine, all artificial sweeteners
6. Choose organic vegetables and fruits as often as possible.
7. Balance your hormones. (Learn about bio-identical progesterone cream – NOT pharmaceutical progestin – for offsetting estrogen dominance.)
8. Reduce stress. (Massage, Chiropractic and acupuncture work!)
9. MOST IMPORTANT – *EXERCISE!*
10. Take vitamin D3 – 2,000-4,000 IU per day (or better yet, get plenty of good ol' sunshine!).
11. If you are iodine deficient (most people are), learn from a natural health practitioner how to safely supplement with iodine.
12. Take a high-quality turmeric extract daily.
13. Take 40-70 mcg of selenium per day.
14. Establish a routine of annual breast screening, including Thermography.

