



MammAlive™

HEALTHY BREAST SOLUTIONS

Breast Health Balance Sheet

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This balance sheet summarizes the risk factors for breast cancer. It also outlines those factors that protect us from breast cancer. Make checkmarks beside the risk factors and protective factors that are true for you. The bracketed numbers to the right of some entries refer to how much that risk factor increases your likelihood of having breast cancer; that is (+2) means your risk doubles, (+3.6) mean it increases your risk over three and half times. If the number is beside a protective factor, it means that it decreases your risk by that amount. Mark these high risk and highly protective factors with a highlighter. If you do not understand some of the factors, fill them in after you learn about them.

Come back to the balance sheet once a year to see what progress you have made in adopting a breast health/ cancer prevention program. If you feel overwhelmed on your first read through, put it aside and come back to it another day.

To calculate your 'body-mass-index', take your weight in kilograms or pounds and divide by the square of your height in meters or feet. To determine your waist-to-hip-ratio, divide your waist measurement by your hip measurement.

Risk Factors		Protective Factors	
HEREDITARY		HEREDITARY	
	Mother or sister with breast cancer before age 50 (+2) ^{1 2}		No family history of cancer
	Presence of genes BRCA1 or BRCA2 (+8) ³		No genetic susceptibility
	Relative with ovarian or endometrial cancer ⁴		No family ovarian or endometrial cancer
	Brother or father with prostate cancer ^{5 6}		No family prostate cancer
	MTHFR 667TT genotype ⁷		Absence of MTHFR 667TT genotype
	Light-skinned ⁸		Dark-skinned
	Birth weight > 8.8 lbs (+3.5) ^{9 10}		Birth weight < 6.7 lbs
	Birth length > 51.5 cm ¹¹		Birth length < 50 cm
	Over 5' 6" tall ¹²		Under 5' 6" tall
REPRODUCTIVE		REPRODUCTIVE	
	No children (+.27) ¹³		More than one child (-.5 with 5 kids)
	Gave birth after 30 ¹⁴		Gave birth before age 20 or 30 (-.15) ¹⁵
	No breast-feeding ¹⁶		Breast-fed kids for at least 6 mos. (-2.5) ¹⁷
LIFESTYLE AND HEALTHCARE		LIFESTYLE AND HEALTHCARE	
	Aging ¹⁸		Use dietary antioxidants, caloric restriction
	Increased breast density (+1.8 - +6) ¹⁹		Low breast density

Benign breast disease (cysts, fibroadenoma) ²⁰	No breast cysts	
Higher socio-economic status ²¹	Lower socio-economic status	
Increased stress, ²² traumatic events ²³	Lower stress, no trauma	
Lack of exercise ²⁴	Regular exercise (4 hours weekly) (-.60) ²⁵	
Large weight gain after age 18 ²⁶	No weight gain after age 18	
Larger waist circumference >85.1 cm ^{27 28}	Waist circumference < 85 cm	
Postmenopausal body mass index > 28 ²⁹	Body mass index < 22.8	
< 2 bowel movement per week (+4.5)	3 or more bowel movements daily (-.46) ³⁰	
Use prescription drugs: Prozac ³¹ ; steroids (nandrolone, stanozolol ³²), metronidazole, vincristine, Nitrofurazone, nitrogen mustard, procarbazine; the diuretics Spironolactone and Furosemide, the anti-fungal Griseofulvin and the anti-cancer drugs (vincristine, acronycine, cytembena, and cyclophosphamide) ³³	Use herbal, nutritional, homeopathic, and naturopathic recommendations when possible instead of prescription drugs. Educate yourself on the side effects of medications before taking them.	
Dental problems: mercury fillings ^{34 35} , root canals ³⁶ , chronic infection in extraction sites ³⁷ , gum disease	Replace mercury fillings with ceramic, remove root canal teeth, clear infection, use Healthy Gum Oil, floss teeth	
Increased dental plaque (+1.8) ³⁸	Good oral hygiene, reduced plaque	
Infection with EBV ^{39 40} , HPV ⁴¹ , MMTV ⁴² , CMV, mycoplasma ^{43 44}	No focus of infection or viral load, use herbal anti-virals such as Isatis, goldenseal, thyme, Acer campestre	
Imbalanced biological terrain – pH, toxic metals, low temp, xs free radicals, deficient minerals ⁴⁵	Normalize biological terrain	
Chronic inflammation (caused by chronic infection, endotoxins, obesity, alcohol, tobacco, radiation, elevated blood sugar, high-calorie diet, environmental pollution) ⁴⁶	Vegetarian, decrease calories, no dairy fat in diet, avoid sugar, use curcumin and bromelain; eat Brazil nuts ⁴⁷ and flax/fish oil to decrease inflammation; consider Wobenzyme and aspirin	
Immune deficiency, allergies (+1.42) ⁴⁸	Follow immune-strengthening program use vitamin C, astragalus, reishi, zinc, probiotic	
Annual mammograms between ages 40-50 (increased radiation exposure) (+.5) ^{49 50}	Monthly breast self exam ⁵¹ ; annual ultrasounds, MRI, blood tests (-.2)	
Cigarette smoking increases risk ⁵²	No smoking; avoid second-hand smoke	
Alcohol increases risk (> 3 drinks/week) ⁵³	Avoid alcohol or have minimally	
Selenium deficiency ^{54 55 56}	Eat Brazil nuts or supplement with selenium	
Parasitic infection ⁵⁷	Do parasite cleanse once or twice yearly	
Liver toxicity	Do liver cleanse once or twice yearly and support liver with B complex, magnesium, milk thistle, curcumin, alpha lipoic acid	
Bowel toxicity	Do bowel cleanse and eradicate Candida; use probiotic (Lactobacillus ⁵⁸ and Bifidobacterium)	

	Frequent use of antibiotics ⁵⁹	Use antibiotics with caution or avoid, deal with candidiasis	
	Chemical toxins accumulate in fat tissue	Use saunas regularly or sauna detox yearly	
	Poor lymphatic circulation	Use skin-brushing, rebounding, exercise	
	Lack of sunlight/vitamin D deficiency ⁶⁰	Expose arms and legs to 15 min of sunlight daily or take Vit D3.	
HORMONAL		HORMONAL	
	Elevated estradiol and estrone ⁶¹	Lower levels of estradiol and estrone	
	Low ratio of C2 to C16 estrogen ⁶²	High ratio of C2 to C16 estrogen ⁶³	
	Low ratio of C2 to C4 estrogen ^{64 65}	High ratio of C2 to C4 estrogen	
	Higher levels of 17-epiestriol ⁶⁶	Lower levels of 17-epiestriol	
	Early onset of menstruation (<13) ⁶⁷	Late onset of menstruation (>14) ⁶⁸	
	Late menopause (50-54 yrs) ⁶⁹	Early menopause (<45)	
	Menstrual cycle <25 days ^{70 71}	Menstrual cycle 26-28 days	
	Fibrocystic breasts, increased breast density ⁷²	Healthy breast tissue	
	Endometrial thickness > 5.0 mm ⁷³	Endometrial thickness 1.0-2.99 mm	
	Increased testosterone ⁷⁴	Normal testosterone	
	Increased prolactin ⁷⁵	Normal prolactin	
	Increased growth hormone ⁷⁶	Avoid dairy with bovine growth hormone	
	Increased insulin ⁷⁷	Normal insulin	
	Metabolic syndrome ⁷⁸	Weight management, exercise	
	Women whose mothers had high estrogen in pregnancy ⁷⁹	Protect self/fetus from high estrogen in pregnancy	
	Unbalanced thyroid; iodine deficiency ⁸⁰	Correct thyroid function; use seaweeds	
	High blood levels of IGF-1 (+7) ⁸¹	Normal blood levels of IGF-1	
	Decreased melatonin levels ⁸²	Normal melatonin; meditation practice	
	Sleep with light on at night: exposure to light at night decreases melatonin production, increases risk	Sleep in a dark room; meditate/pray shortly before bed to increase melatonin	
	Birth control pills used before age 20 or for more than 5 years before age 35 ^{83 84}	Natural fertility methods such as sympto-thermo or Justisse method, IUD, condoms	
	Post-menopausal and >50 lb. overweight ^{85 86}	Post-menopausal and not overweight	
	Estrogen replacement therapy, especially when used for more than 5 years ⁸⁷	No estrogen replacement therapy, or have stopped for > 5 yrs.	
	Former use of the drug DES or your mother took it while pregnant (+2) ⁸⁸	No DES; avoid drugs in pregnancy	
	Increased leptin ⁸⁹	Decreased leptin	
	Decreased adiponectin ⁹⁰	Increased adiponectin	
ENVIRONMENTAL RISK FACTORS		ENVIRONMENTAL PROTECTIVE FACTORS	
	Exposure to radiation	Seaweeds daily, miso and lentils 3x weekly	
	Fly frequently; work as flight attendant ⁹¹	Fly seldom	
	Live within 50 mi. of a nuclear reactor	Live > 50 miles from a nuclear reactor	
	Continuous exposure to electricity and	Live in the country with few electrical	

	electromagnetic fields	devices	
	Work in the electrical trade (+.7)	Work away from excess electricity	
	Install, repair telephones (+2.2)	Don't install telephones	
	Sleep within 2½' of electrical devices	Sleep >3' away from electrical devices	
	Sit < 2' from front, < 4' from sides of computer video display terminals	Sit further from computer video display terminals and use them < 20 hours weekly	
	Use an electric blanket	Use cotton, wool, down blankets	
	Have worked on a farm (+9)	Never worked on a farm, or worked on organic farm	
	Exposure to pesticides: food, lawn, farm, golf courses, public areas	Eat organic, avoid pesticides	
	Live in industrialized area	Live away from industry & pesticide sprays	
	Exposure to heavy metals – cadmium, mercury, arsenic, lead, aluminum, tin ⁹² (+2 for cadmium)		
	Exposure to petrochemicals, gas stations	Use car less	
	Exposure to formaldehyde	Choose products without formaldehyde	
	Exposure to benzene	Avoid benzene	
	Exposure to organochlorines	Recognize and avoid organochlorines	
	Use of chemical or industrial cleansers	Use of non-toxic cleansers	
	Exposure to carcinogens	Recognize and avoid known carcinogens	
	Live near a hospital incinerator	Live away from a hospital incinerator	
	Live near a PVC recycling plant	Live away from a PVC recycling plant	
	Work with plastic, store food in plastic, eat canned food	Avoid plastics, use glass, wax paper, cardboard, butcher paper to store food	
	Live near a chemical plant	Live away from a chemical plant	
	Live near a toxic waste site or dump	Decrease waste; live away from a toxic waste site or dump	
	Live near a sewage treatment plant	Use a composting toilet, live away from a sewage treatment plant	
	Use chlorine bleach	Use non-chlorine bleach	
	Drink chlorinated water	Drink ozonated or filtered water	
	Dry-clean clothing	Avoid dry-cleaning; use natural detergents	
	DIETARY	DIETARY	
	High fat consumption: > 30% total calories Eat more saturated and trans fats (+2)	Low fat consumption: < 15% total calories Eat more flaxseed oil and olive oil	
	Low fibre: < 10 grams daily	High fibre: > 30 grams daily (-.30)	
	Eat red meat weekly ⁹³	Vegetarian (-.30)	
	Use dairy products ⁹⁴	Use soy milk, organic goat milk, or low fat organic fermented dairy	
	Low iodine ⁹⁵ and low selenium diet	Use sea vegetables ⁹⁶ and Brazil nuts ⁹⁷ unless hyperthyroid or autoimmune thyroid disease is present	
	Eat sweets, sugar products	Have 2 or more fruits daily	
	Use processed food	Use whole, unrefined foods	

	Use bread products regularly	Use beans, whole grains	
	Drink coffee	Drink herbal teas, green tea	
	No soy products	Soy products daily	
	No fermented foods	Use fermented foods, such as kefir, quark	
	No orange fruits and vegetables	Use 2 foods high in vitamin A daily	
	Use vegetable oils, animal fat, margarine and cooked oils; have low essential fatty acids	Use unheated flaxseed and olive oil, clean fish oil	
	No pomegranate	One whole pomegranate daily	
	Minimal fruits and vegetables	6-9 servings of fruits and vegetables/day	
	Eat mostly cooked food	50-85% raw food if tolerated	
	Rarely uses herbs and spices	Use herbs and spices daily	
	No brassicas (cauliflower, cabbage, broccoli)	Raw brassicas daily	
	High salt intake	Low sodium / high potassium	
	Overly acidic body	Keep pH of urine and saliva at 6.4 -7.2	
	Use of plastic food containers and wraps	Use glass, lead-free ceramic containers	
	Microwave food in plastic	Avoid microwaved food in general	
	Excess calories	Caloric restriction and/or intermittent fasting ⁹⁸	
PSYCHOLOGICAL		PSYCHOLOGICAL	
	Deny, bury, repress or hold on to anger	Express anger constructively and let it go	
	Ignore one's own needs; please others	Define your needs; become assertive	
	Inability to say "No"	Give self permission to say "No"	
	Feel alienation	Find or create your community	
	Death of a loved one or loss of a relationship within the previous one to five years	Express your grief; find reasons for living, find something or someone to love	
	Stress and the inability to relax	Decrease stress, use regular relaxation breaks	
	Living a life following someone else's script rather than one's own	Follow your deep desires and callings; create your path	
SPIRITUAL		SPIRITUAL	
	Hopelessness, despair	Spiritual counselling, therapy, prayer, yoga	
	Lack of a sense of purpose ⁹⁹	Develop a meaningful life, find your passion	
	Suppressed anger	Ability to express one's feelings	
	Resignation	Hope and motivation	
	Lack of joy	Laugh, play, have fun	
	Loss of faith	Create a relationship with your soul	
	Foiled creative fire	Express your creativity	
	Ignore intuition	Awaken and follow your intuition	
	Lack of support	Find at least one supportive person, support group or spiritual group	
	No yoga practice	Practice yoga	
	No meditation practice	Practice meditation	

OTHER FACTORS		OTHER FACTORS	
TOTAL RISK FACTORS		TOTAL PROTECTIVE FACTORS	
COMMENTS:			

For support in reducing risk factors for breast cancer, we invite you to enroll in the Healthy Breast Foundations Program, either online or in person. Upcoming courses are listed here <http://mammalive.net/upcoming-courses/>

You may also schedule a consultation with Sat Dharam Kaur ND satdharamkaur@gmail.com or call 519 372-9212 or contact one of our health practitioners listed here <http://mammalive.net/community/>

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