



**MammAlive™**

HEALTHY BREAST SOLUTIONS

## **Breast Health Tips: Intervention Strategies in Reducing Risk and Recovering from Breast Cancer**

by Sat Dharam Kaur ND

Examine the tips below and change what you can each week, by adding a check mark next to the item you will implement. Start with those things you are already doing and add one more activity from each category weekly. By the end of the program, you will have made significant changes to promote wellness.

### **Lifestyle**

- Spend an hour a week in the sauna to eliminate chemicals stored in your fat cells. At some point consider a 150-hour sauna detox program to eliminate your lifetime body burden of environmental chemicals; many of these mimic the hormone estrogen.
- Exercise at least 40 minutes each day
- Sleep in a dark room, and keep electrical devices at least 3 feet from your bed. Use a night light in the washroom, and avoid turning on a bright light at night to keep melatonin levels high.
- Meditate, or do slow long deep breathing exercises for at least 11 minutes before bed to increase melatonin levels.
- Take regular relaxation breaks every 2-3 hours throughout the day for about 20 minutes to alleviate stress.
- Switch to using non-toxic cleaning products, like baking soda and vinegar.
- Avoid cosmetics unless they are free of chemicals and preservatives. Read labels to avoid the parabens and sodium laurel sulphate. Visit website <http://www.ewg.org/skindeep/>
- Drink filtered water, with the chlorine and pesticides removed from it.
- Drink water stored in glass rather than plastic. The plastic often leaches chemicals that act like the hormone estrogen.
- Maintain a healthy weight. Seek help to lose weight if required.
- Seek a dentist who will use porcelain fillings in your teeth. Avoid mercury amalgam fillings and plastic fillings. Avoid root canals and remove root canal teeth.
- Do not use the birth control pill, but consider barrier methods. Avoid hormone replacement therapy and consult a naturopath for natural solutions to menopausal symptoms.
- Wear a looser cotton bra rather than an underwire bra. Avoid tight bras.
- Avoid using aluminum cookware and non-stick pan that contain perfluorooctanoic acid (PFOA)—also known as C-8—a chemical used to bond the non-stick coating to the pan.

### **Dietary**

- Use 45 grams of fibre each day to ensure at least 2 bowel movements a day— add 2 tbsp. bran to your breakfast cereal, eat legumes daily, use more whole grains, less bread.
- Add 2 tbsp. of freshly ground flaxseeds daily to your cereal, juice or fruit smoothie. (Grind with electric coffee grinder). Eat 2 Brazil nuts daily for selenium.
- Use 8-10 servings of fruits and vegetables daily.

- Eat some raw broccoli, broccoli sprouts, cauliflower and/or cabbage daily.
- Eat organic food whenever possible.
- Decrease meat consumption, replacing it with legumes and soy.
- Decrease dairy consumption, replacing it with organic soy products, or almond milk.
- Minimize fish consumption unless you know it is free of chemicals and heavy metals.
- Use extra virgin olive oil for cooking. If you are frying, use a little water first, before adding the olive oil. Minimize other oils and fats except flaxseed oil and fish oil
- Use cold-pressed flaxseed oil (Flora) on your food after it is cooked. Keep flaxseed oil in the fridge and use it up within 6 weeks. Never heat it.
- Minimize sugar, all sweeteners excepting Stevia, as well as sweets, pastries and desserts, using fresh fruit instead.
- Spice your food with turmeric regularly. Use fresh rosemary in salad dressings, on tomatoes, as a tea
- Drink organic green tea and chai tea (cinnamon sticks, cardamom, black peppercorns, cloves, ginger) daily
- Use onions and garlic with gusto.
- Use 2 tbsp of seaweed daily (nori sheet, dulse powder) or use a kelp tablet daily.
- Store your food in glass or stainless steel, rather than plastic.
- Avoid canned food when the cans are lined with clear or white plastic – this is bisphenol-A, which acts like estrogen and stimulates breast cells to divide. Eden Organic cans are BPA free except for the can of tomatoes

## Supplements

- Use a multivitamin daily that contains 100-200 mcg of selenium, 200 mcg of chromium, 30 mg of zinc, 100 mg of vitamin B6, 100 mg of vitamin B3
- Supplement with calcium citrate, magnesium citrate and vitamin D daily, with about 1000 mg of calcium, 600 mg magnesium and 3000 IU of vitamin D3.
- Use 3000 mg. or more of vitamin C daily to help prevent the accumulation of toxic metals, and improve immunity.
- Supplement with 3000 mg of a good quality fish oil supplement or Flora flaxseed oil
- If you are unable to eat 8 servings of fruits and vegetables daily, use 1 tbsp. daily of a green powdered supplement, rich in carotenes and protective plant nutrients.
- If you have a higher risk of breast cancer, use 100 mg Coenzyme Q10 or Ubiquinol, 300 mg Indole-3-carbinol or DIM, 1500 mg curcumin, 1000 mg N-acetyl cysteine, 300 mg alpha lipoic acid, 400 mg of fermented pomegranate extract (PomGuard by Jarrow) daily.

## Environmental

- Discontinue pesticide use on lawns and gardens and encourage your neighbours to do the same.
- Use fewer electrical devices so we rely less on nuclear power. Conserve energy.
- Spend less time on the computer or watching television, to decrease exposure to electromagnetic fields.
- Avoid products containing PVC (polyvinyl chloride), such as raincoats, shower curtains, vinyl furniture and encourage the phasing out of PVC.
- Use alternatives to plastic (metal, paper, cardboard, wood).

- ❑ Take cloth bags or bins shopping to avoid using plastic bags.
- ❑ Find out who the polluters are in your area by logging on to [www.pollutionwatch.org](http://www.pollutionwatch.org) (Canada) or [www.scorecard.org](http://www.scorecard.org) (U.S.) and write letters, do online petitions or lobby to decrease local pollutants.
- ❑ Host an environmental film festival each year to educate yourselves and others.
- ❑ Celebrate Rachel Carson Day, May 27 each year by doing what you can to protect the environment on that day. Clean up your little corner of the earth.

## Psychological

- ❑ Find ways to express your anger constructively and let it go. If you have a backlog of anger, seek counselling.
- ❑ Invest your energy in activities, hobbies, volunteer work or meaningful causes to develop your skills and abilities.
- ❑ Learn to define your needs and develop assertiveness, particularly with the people you live with.
- ❑ Develop the capacity to say “No” when you mean it rather than ignoring your truth to please others.
- ❑ Connect with groups of like-minded individuals throughout your life who support and validate you.
- ❑ Find a spiritual practice that connects you to others and to the universal energy or God and use that practice or worship to strengthen faith, hope and love.
- ❑ Resolve conflict as it occurs, rather than holding it inside you, or let it go.

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](mailto:satdharamkaur@gmail.com) or call 519 372-9212 or contact one of our health practitioners listed here <http://mammalive.net/community/>