

Experience the...

Healthy Breast® Program

The Healthy Breast Program is a twelve-part learning system designed by Sat Dharam Kaur ND to educate women in strategies to prevent breast cancer and to assist recovery using natural therapies in conjunction with conventional diagnostic and treatment options. The Healthy Breast Program is comprised of three learning streams, each consisting of 12 modules: 1) the Healthy Breast Foundations program; 2) the Healthy Breast Yoga Program and; 3) the Healthy Breast Practitioner Program.

The Healthy Breast Foundations Program

The twelve modules of the Healthy Breast Foundations Program are:

1. *Introduction to the Healthy Breast Program*
2. *Get to Know Your Breasts*
3. *Improve Lymphatic Circulation*
4. *Make Sense of the Hormone Puzzle*
5. *Heal Yourself, Heal the Earth*
6. *Foods for Breast Health*
7. *Nutritional Strategies for Breast Health*
8. *Detoxify Your Whole Body*
9. *Empower Your Immune System*
10. *Ignite Your Passion and Purpose*
11. *Live with Gratitude and Prayer*
12. *Let Your Radiance Shine*

The Healthy Breast Foundations Program is offered online as well as in person internationally. Learn what you can do to protect your breasts, and consider certifying as a Healthy Breast Educator to support others. For more information and upcoming programs, see www.mammalive.net