

Prevent Breast Cancer

Did you know that?

-1 in 8 women will get breast cancer in their lifetime.

-only 5-10% of breast cancer occurs in people who carry the gene for it

You will have someone in your family or inner circle who gets breast cancer.

What raises your risk for breast cancer if you don't carry the gene for it?

1) Poor sleep: your immune system repairs while you sleep. Your immune system is your first line of defence against cancer.

Establish a calming sleep routine

Take melatonin: studies show that melatonin helps immune system health

Meditate

Prioritize sleep

2) Sitting for long periods of time: Sitting disease is worse than smoking for your health. Your body creates inflammatory chemicals that are more dangerous for your health than smoking!!! Inflammation is the process that drives cancer and chronic diseases.

- Set your phone timer to go off every hour. Stretch and walk around the office or wherever you are
- Do a few jumping jacks or squats to get your blood flowing
- Do not be mistaken in thinking that your morning gym time or exercise helps you stay sitting for longer.

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3) Hormone Disrupting Chemicals (EDCs)

Toxins: You are bathing in a sea of toxins.

Eat organic as much as possible.

Use clean home products and personal care products.

Visit the [Environmental Working group website](#) and the Skin Deep database.

Avoid PLASTICS. Stop storing food in plastic, and minimize your use of food that comes wrapped **in plastic**.

4) Safe hormone therapy does not increase your risk for breast cancer.

Using bio-identical hormones (17 beta-estradiol on the skin and oral micronized progesterone) does not increase your risk for breast cancer or blood clots.

5) Low Vitamin D3 Levels: Why guess when you can test?

Test your vitamin D3 levels and supplement appropriately. Sensible sunlight exposure and eating fortified food will not provide optimal vitamin D3 for most people.

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