

How to Prevent Breast Cancer

1. Exercise thirty minutes at least three times weekly.
2. Take a high potency multivitamin daily (buy a brand that recommends six pills a day. Take two pills just before your meal three times daily.
3. Use olive oil for your cooking
4. Avoid plastic food wrappers when possible (don't microwave foods in their plastic wrap).
5. Eat plenty of fresh fruits and vegetables, especially cruciferous vegetables (broccoli, cauliflower, etc.), and garlic.
6. Keep a journal of your inner thoughts. Ask yourself the following three questions everyday: What impressed me today? What surprised me today? What inspired me today?
7. Buy organic food whenever possible. If you can't find or afford organic food, be sure to wash your produce with soap and water and use a vegetable scrub brush to remove any pesticide residues. Peel non-organic produce whenever possible.
8. Try juicing. Juicing books available in every bookstore.
9. Minimize or eliminate meat and saturated fat.
10. Avoid junk food.
11. Eat two helping of soy or drink two glasses of soy milk daily. (Before starting, though, discuss this with your doctor if you have estrogen receptor positive breast cancer.)
12. Avoid alcohol!
13. Eat more frequent smaller meals, rather than fewer larger meals. Limit your calories and try to lose weight if you are overweight.
14. Take green tea extract (500mg 2x day)
15. Take a single adult aspirin daily; it can reduce the risk of breast cancer by a third.
16. Avoid permanent dark hair dyes. Use plant-based alternatives instead. Safe alternatives are available from the following manufacturers: Light Mountain Henna Gray 1-414-889-8561; Paul Penders, 1-707-763-5839; Schwartzkopf, Inc. 1-800-234-4672; and VitaWave, 1-818-886-3808 or 1-805-981-1472
17. Avoid using pesticides in your house and herbicides and pesticides on your lawn.
18. Avoid smoke (including secondhand smoke).
19. Drink filtered or bottled water instead of chlorinated water. Organochlorides found in chlorinated water may increase the risk of breast cancer.
20. Avoid sleeping under electric blankets since electromagnetic waves may increase the risk of breast cancer.
21. Reduce stress by doing the following:
 - a. Eliminate caffeine.
 - b. Avoid violent movies, books, television programs, etc.
 - c. Go on a "news fast" by not reading the paper, listening to the radio or watching the news on TV for a week. Then try extending this for a longer period of time.
 - d. Exercise regularly.

- e. Associate with calm people.
- f. Practice yoga and meditation daily.
- g. Learn biofeedback and guided visualization techniques.
- h. Try natural relaxants such as the herbs kava kava, chamomile, or passionflower.
- i. Try using Bach flower remedies such as rescue formula (available in health food stores).
- j. Get at least 7 hours of deep sleep daily. Try taking valerian, skullcap, or kava kava either individually or in combination if insomnia is a problem.
- k. Practice forgiveness and understanding, starting with yourself. Release any grudges.
- l. Rectify any existing relationship problems.
- m. Beautify your environment. Plant flowers. Appreciate nature.
- n. Slow down and smell the roses!
- o. Tell yourself you love and appreciate yourself. Learn to mean it. If you can't, get help understanding why.
- p. Tell others you love them.
- q. Take time to *really listen* to others.
- r. Find a purpose in life. Volunteer. Do something good for others. Practice random acts of kindness and senseless acts of joy.
- s. Practice saying positive affirmations daily. Subscribe to *The Daily Word*, a treasure trove of positive affirmations, by calling 1-800-669-0282.
- t. Make a list every day of ten things you are truly grateful for.
- u. Listen to uplifting music. Skip music with depressing lyrics.
- v. Cultivate your inner life through reading quality literature, reflecting on it, and keeping a journal of your higher thoughts.
- w. Control your thoughts and speech. Speech and the thoughts and attitudes you hold are energies. The dominant ones become the main energies you communicate to your body. Negative energies such as habitual dissatisfaction, depression, despair, ill-will, resentment, hatred, and aggression disrupt the body's harmony and depress the immune system. Positive energies such as truth, gratitude, patience, harmlessness, generosity, respect, honesty, and peace restore the body's energy, promote harmony, and strengthen the immune system.
- x. Try the following breathing exercise at least 4 times a day. (Adapted from Dr. Andrew Weil):

Place the tip of your tongue just behind your upper front teeth and *keep it there throughout the entire exercise*. 1) Exhale completely through your mouth (with your lips pursed), making a *whoosh* sound. 2) Next close your mouth and inhale quietly through your nose to a mental count of **four**. 3) Hold your breath for a count of **seven**. 4) Exhale completely through your mouth, making a sound to the count of **eight**. The absolute time spent on each phase is not as important as the ratio of 4:7:8. Repeat the process for a total of five times, at least twice a day and anytime you feel under stress.