



Tips on How to Reduce Breast Cancers

Naturally!

According to the American Cancer Society, an estimated **216,000 new cases of breast cancer** were diagnosed in American women last year. Women from ages to 44-55 are at a *very high* risk of breast cancer in the United States. The good news is that there are several strategies that can help reduce risk. Try incorporating the following lifestyle changes into your daily routine:

- **Early detection is key, MAKE IT A HABIT MONTHLY, to do self breast exams monthly. Look for changes and symptoms in your breast.** Thickening, a change in the size in breast, a dimple, nipple change, and or fluid discharge.
- **Thermal breast imaging – FDA approved.** * refer to sheet on thermograph. Suggest every 6 months. In conjunction with mammograms, ultrasounds or not.
- **Get active and exercise outside.** Exercise and regular intake of outside oxygen inhibits AND slows down the effect on cancers. * *Noble Prize Winner Otto Warburg 1931 states cancer is initiated due to an anaerobic state. destroy cancer cells.*
- **Reduce and understanding of of exposure to bad chemicals in foods, plastics, water, and environmental.** * read labels, check water.
- **Avoid as much exposure to radiation and EM rays.** Re: mammograms, chest x-rays, microwaves, radon, computers, and cell phones.

Skins brushing, eliminating a bra, lymphatic massage, and lymph drainage remedies are too helpful.

http://naturalhealthtechniques.com/HealingTechniques/Dry_Brushing_Technique.htm

- **Letting go of anger and holding on to negative emotions.**
- **Using medicinal** on the breasts can be beneficial. (Frankincense/Myrrh). * used during biblical time: Jesus – Egypt - and Greeks.
- **L-glutathione skin cream** can be applied 1 x per day for high antioxidant results.
- **Black currant oil - – can** be taken @ bedtime.
- **Check your hormones** periodically with a practitioner to avoid estrogen dominance.
- **Beware or Avoid HRT, especially taking hormones for too long of a period** can increase cancer.
- **I encourage high levels of organic whole vegetable juicing daily/weekly or monthly.**
- **Stop promoting cancer cells. Avoid food that feeds cancer and causes inflammation. Such as sugar, dairy, alcohol and caffeine.** * *Cancer updates Johns Hopkins 2008.*
- **Supplement wisely. Obtain a bio chemistry hair analysis through Alternative Health Associates, with Dr. Gail Kopin.** Take what you need not what you think you need. Additional supplements such as: Folic acid, vitamin D, sunshine, and CoQ10 with high *whole fruits and vegetables* can also help decrease risk. Dr. Pauling Noble Prize Winner states to prevent disease one needs whole trace elements, water and O₂.
- **Keep your body PH – alkaline – 7.0-7.5.**
- **Reduce STRESS... let go of toxic thoughts. Stays connected to positive people avoid negative situations.**
- **Pray - Meditate...** God does provide healing. Believe that all things are Possible!
- **Detoxify – organs – recommended, by a ND.**
- **Educational Books:** Cancer and Politics, and Outsmart Your Cancer, Cancer doesn't scare me anymore.
- **Ask your ND if you need to do a lymphatic homeopathic – drainage.**

- Lymphatic comprehension massages (find a good therapist) check thermal imaging.
- Infra red therapy approved by FDA.
- Clean up your mouth! * Are your teeth toxic? www.dams.com
www.iaomt.com
- Ask Dr. Kopin about alternative remedies.

Myth: Drugs do not Cure Diseases, one can learn to rebuild your immune system, the body will heal 80% of the time, when you give the body what it needs. Ask about complimentary cures and or alternative choices.

Good Health!