

TIPS TO PREVENT BREAST CANCER

1. Maintain near-normal body weight and avoid obesity.
2. Exercise regularly at least 30 minutes daily 5-6 days per week.
3. Breastfeed babies for at least 6 months if possible.
4. Follow an anti-inflammatory diet or Mediterranean diet emphasizing whole foods low in saturated fat from animal sources, high fiber from grains and colorful vegetables and fruits.
5. Minimal dairy intake (use hormone free/organic).
6. Avoid food and water stored or cooked in plastics as plastic contains estrogenic compounds. Use filtered water and polycarbonate (recycle code 7) bottles.
7. Emphasize Cruciferous (cabbage family) vegetables which are high in I3C or take I3C and DIM supplements.
8. Limit high glycemic foods such as sugars and refined grain products.
9. Consume healthy fats from olives, avocado, raw nuts and seeds, and fish oils (omega 3). Avoid trans fat and omega-6 vegetable fats (corn, sunflower, soy, safflower).
10. Use olive oil liberally; preferably uncooked and stored in the fridge.
11. Enjoy soy foods (esp. tempeh and miso) but avoid processed soy powders and soy isoflavone supplements.
12. Drink organic loose leaf green tea and black tea for the polyphenols.
13. Eat freshly ground organic flax seeds. The lignans (fiber) prevent breast cancer. Must be ground fresh daily to prevent rancidity.
14. Supplement with whey protein from grass fed hormone free cattle.
15. Add turmeric to your food. The average Indian intake is 2 to 2.5 gm/day.
16. Consume edible whole mushrooms.
17. Avoid overcooked, charred red meat.
18. Eat organic whenever possible to avoid harmful pesticides, chemicals, and hormones added to plant and animal products.
19. Take a daily multivitamin and mineral.
20. Supplements with antioxidants including mixed carotenoids, Vitamins C, E, Selenium, grape seed skin extract, and possibly alpha-lipoic acid, N-acetyl cysteine.
21. Have your doctor test your "25 hydroxy Vitamin D level" (ideal level 40-55) and take Vitamin D3 at 1000 IU per day (more if deficient and less if getting 'summer' sun exposure.)
22. Eat folate rich foods which are dark green leafy veggies or take folate/folate/MTHF.
23. Avoid tobacco and limit alcohol to one glass or less of wine per day if you already drink...Otherwise, do not start.
24. Get at least 7 1/2 hours of sleep per night in a darkened room to improve melatonin production. Also, melatonin may be supplemented at 1-20 mg at

- bedtime as this has been proven to have anti-cancer properties and to extend lab animal lifespan.
25. Cultivate stress reduction activities such as the Arts, Yoga, Tai chi, meditation or prayer.
 26. Live a balanced life with healthy amounts of work, play, personal time, socialization, time in nature, spiritual practices, exercise and good food.
 27. **Ask your physician about lab tests to monitor urinary 2-OHE/16-OHE 2/16 ratios to assess your body's metabolism of estrogen.** See the Estronex test. More 2OHE and less 16 is the goal to reduce risk.
 28. **Do not take birth control pills or HRT without dietary and lifestyle modification and supplementing with I3C and DIM.**
 29. See the chart detailing nutritional influences on estrogen metabolism (breakdown).