



A HOLISTIC APPROACH TO BREAST HEALTH

Congratulations on taking this step toward making your health a priority. That's you, girl, getting after it!

Here are a few holistic hints to move you toward good breast health...

Elevate Your Mindset

- Many of us have a fear of breast cancer. Instead, let's switch our thinking to "creating greater health." This is a much more empowering mindset.
- Your breasts are not the enemy.

Remove/Reduce Toxins

- ...from your diet (beware of processed food and chemical ingredients: "Frankenfood")
- ...from your surroundings (household cleaners, scented candles, air fresheners, plastics, etc.)
- ...from your beauty products (lotions, perfumes, nail polish, make-up, anti-perspirants)
- Sweat regularly. Sweat helps the body get rid of toxins.

Upgrade Your Diet

- Less processed food-like substances, more vegetables, fruit, and whole food.
- Buy organic when possible.

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Beware of Your Drinks

- Cut back on caffeine. It can raise cortisol, which impacts other hormones in the body.
- Reduce or eliminate alcohol. Alcohol can increase estrogen and other hormones associated with hormone-receptor-positive breast cancer. Compared with women who don't drink at all, women who have three+ alcoholic drinks per week have a 15% higher risk of breast cancer.
- Drink more water (strive for $\frac{1}{2}$ your body weight, in ounces. Example: if you weigh 150 pounds, aim for at least 75 ounces). Yes, you'll be in the bathroom more often, but that's the point: flush out your body's toxins. Buh-bye.

Exercise

- Do what you enjoy: walking, yoga, jogging, hiking, swimming, Pilates, weights, dancing, biking... move more! Interestingly, our lymphatic system is activated by movement.

Breathe

- Long slow inhales and exhales.
- For a little fun, be like a kid, grab a bottle of bubble liquid, and try blowing bubbles for a few minutes each day. This opens up the chest area and allows for greater circulation.

Burn Yer Bra!

- ...or at least take it off when you're home for the evening. This helps with circulation and lymphatic flow.

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Lymphatic Massage

- An easy way: while in the shower, gently soap up breasts and use your hand to gently massage the opposite breast, lightly moving from the breast to the armpit. This will also familiarize you with what is normal for your particular breasts, so you're more likely to notice any changes that might occur.

Healthy Weight

- Estrogen is made in the ovaries, but also in fat tissue. High estrogen levels are linked to breast cancer. Yes, love your body and all it does for you, even if you're overweight. But love your body enough to move it toward a healthy weight.

Manage Stress

- Stress is really, really hard on a body. Breathe, journal, meditate, exercise, take a nap, play with a puppy, look at nature... all these are helpful for managing your stress.

Add Supplements (most of these have anti-inflammatory properties, and/or promote healthy cells)

- Turmeric
- Cinnamon
- Ginger
- Selenium
- Vitamin c
- Vitamin d
- Probiotic

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Think Carefully About Hormone Replacement Therapy or the Pill

- Both of these alter natural and normal hormone function in the body, and can increase the risk of other cancers in the body.

Try Thermograms

- A non-invasive approach (no squeezing, compression or radiation), a thermogram can detect abnormal activity in the body, and breast tissue specifically, long before a lump is formed. Thermograms use heat imaging. The customer/client is not touched at all. There is no compression. It simply takes a picture and reads the heat imaging patterns. And did I mention there is no compression? (pew!)

These are just a few lifestyle practices you can implement to help create breast health.

If you're wanting help upgrading your health and creating vitality in body and soul, [reach out to me](#) and let's talk about partnering together.

You're worth it!



With love and blessings,
Julie Machakos

