

## EXPERT REVIEWS

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### ***What the medical experts are saying about Protect Your Breasts:***

*Every woman will find the Protect Your Breasts program useful. Many patients are passive and wait for the doctor to tell them what to do. This program is for the motivated woman who wants to achieve mastery of her health. This program is for any woman who feels overwhelmed by too much information from many different sources. I will give this program to my three daughters.*

*With this program, there is a modest amount of work to protect breast health and it will pay off. We have no guides for breast health—only a confusing maze of bits and pieces of information. This program is the road to sanity and health.*

**—Dr. Max Chorowski, MD, FACOG,**  
Assistant Clinical Professor of OB-GYN and Psychiatry at  
Tufts University School of Medicine and Medical Director,  
Counseling & Gynecology Group, Longmeadow MA

~

*The Protect Your Breasts program does a comprehensive job of directing women to healthful choices—it answers many questions and it doesn't leave holes.*

*The strategies outlined in this book and program are very important. Women are confused. They are not told the truth. There is much confusing information on safe estrogen metabolism. Women are misled on how to properly protect themselves from breast disease.*

*This book talks all about products and alternatives and provides a good selection of healthy products. The Protect Your Breasts program helps women find answers. This book is definitely the most comprehensive program available to improve a woman's health. In fact, it will bring health to the entire family.*

*There is nothing like the PBW program/Protect Your Breasts available for patients and professionals currently.*

*When Protect Your Breasts and the Proactive Breast Wellness program is published, I would like to see this program available nationally to all the compounding pharmacists and information regarding the program into the International Journal of Compounding Pharmacists.*

—**James E. Paoletti, RPh, FAAFM, FIACP, FACA,**  
Previous Director of Provider Education at ZRT Laboratory, Portland OR. Vice President/Director of Continuing Education for Professional Compounding Centers of America, Inc. (PCCA), Board of Directors at International Academy of Compounding Pharmacists

~

*Protect Your Breasts presents a comprehensive overview of breast healthcare, including a Proactive Breast Wellness program that outlines multiple strategies to reduce the risk of breast cancer and its recurrence. The book also provides an excellent discussion of cryoablation or tumor freezing as a minimally-invasive alternative to surgery for the treatment of breast cancer. Furthermore, “The Early Freeze Protocol” proposes a novel strategy for facilitating the early diagnosis and treatment of breast cancer while also reducing the physical and emotional burden that typically accompanies diagnosis and treatment. In the context of Patient Centered Care, Protect Your Breasts is a worthy read!*

—**Dennis R. Holmes, M.D., F.A.C.S.,**  
Breast Surgeon and Researcher in Los Angeles,  
Cryoablation Expert and Advocate

~

*Our current medical system has been designed to take our hands and give us direction when disease has become evident, but it has left us sadly wanting when it comes to prevention. Finding and accessing the information necessary to prevent disease is difficult and time consuming. And, even if we do find it, interpreting it and understanding it may take some help.*

*Thankfully, a comprehensive compilation of what we currently know about keeping our breasts free from disease, including breast cancer, is available as an engaging multimedia presentation offered by Ingrid Edstrom, FNP, M.Ed., CTT. Her new book and eBook, *Protect Your Breasts and The Proactive Breast Wellness Program* is her Magnus Opus and a labor of love.*

—Carol Petersen, RPh, CNP,  
Women's International Pharmacy

## READER REVIEWS

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***ALL Breast Cancer Patients need to have this knowledge on Cryoablation. EVERYONE.***

*Ingrid's book and instructions on how to get Cryoablation therapy needs to be shared worldwide. Any woman with breast cancer or fibroadenomas should have this choice for treatment. Even PubMed and NCBI tout the incredible successes of this procedure. Ingrid is a pioneer in this field and is determined to save as many lives as possible while preserving our womanly anatomy. Who doesn't want an alternative to brutal mastectomies and lumpectomies? READ THIS BOOK, I promise, it is worth the small investment to gain this knowledge and could very well save your life.*

—Melanie N., Cryo Patient Advocate

## **Breast Cancer Cryoablation Disclosed!**

*This book offers a wealth of information, as does Ingrid herself if you have the opportunity to use her services at Infrared Breast Health, LLC. I especially appreciate her knowledge of and recommendation for breast cancer cryoablation, a procedure I never knew existed for breast cancer before I came to see her. I chose this option for myself in lieu of surgery and was amazed by the procedure.*

*The issue of insurance coverage is discussed. If men can have their prostate cancers frozen with liquid nitrogen and the insurance companies pay for this accepted standard of care, then women should be able to have their breast cancers frozen and save their breasts. More women should be insisting that this procedure be made available to them.*

*Read Ingrid's book and learn for yourself about this impressive option for treatment of many breast cancers. Thank you, Ingrid!*

—**Jan Jaskilka**, Breast Cancer Thriver

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## **THE guide**

*This book is THE guide for improving breast health. All my questions and points of confusion have been answered and I have greatly improved my breast health as well as reduced my risk factors for developing breast cancer.*

—**Rosa Jimenez**, Professor at Lane Community College

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## **Very valuable information for women**

*This book contains state-of-the-art information and education to avoid breast cancer. Every woman should have it in their medical library.*

—**Janet Meyers**

### **Following the information in this book will change your life**

*I have been seeing Ingrid for 9-10 years and have been following her Breast-Wellness protocol. She not only helped me with my breast inflammation but also with my thyroid, cholesterol levels and improved my thermography scan. I will be 75 and have much more energy now than when I was 62.*

*Following the information in this book will change your life.*

—**Rose C.**, Retired Nurse

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### **I am extremely impressed with all the information**

*I am extremely impressed with all the information I have been given by Ingrid, both with the book and in person. I am 2 years post breast cancer. I have been given many helpful tools to help decrease the chances of the cancer returning by Ms. Edstrom. Ingrid has put her heart and soul into this book, I feel blessed to have met Ingrid and have thermography. The Protect Your Breasts book is full of information to decrease your chances of getting cancer in the first place, as well as preventing cancer from returning. I really appreciate Ingrid Edstrom.*

—**Michele Fountain**, Breast Cancer Thriver

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### **I can't recommend this book highly enough**

*There is a lot of information out there, and Ingrid Edstrom distills and clarifies the latest science into a simple, understandable, and most importantly DOABLE format. If you are fortunate enough to live in Oregon and can schedule an office visit, I encourage you to do so!*

—**L. Buck**

## **Easy to understand**

*Ingrid's well-written comprehensive book is a must for every woman who wants to know the menu of options available for breast health and breast cancer prevention, treatment and recovery. I find it dense yet easy to understand, and it seems to merge the best of both allopathic and complementary modalities. I highly recommend this book by a fierce advocate of choice in least invasive breast-health treatments!*

—Kira S.

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## **Incredibly informative book and testing support from Ingrid Edstrom**

*Last winter I found a lump in my breast and went into shock as to what it was about. A friend referred me to Ingrid Edstrom FNP, M.Ed. for help. She is the kindest, dearest most understanding informative person I have ever met in the medical field. Because I was particularly vulnerable due to previous medical issues it was only by the understanding of Ingrid that I was comfortably tested and supported in the many steps that followed my initial visit with her. She is a wise compassionate being with grace and humor most appreciated. Her book includes her audio download, *Waves of Serenity*, which was extremely helpful and informative. Her gift of a soothing, guiding voice on “Waves” as a download or also as a CD/ DVD puts one immediately at ease. I would and do refer her services, her wondrous book and CD tools she has masterfully created to anyone seeking support, help, encouragement and enlightenment with breast health. Thank you Ingrid for your service to us all!*

—Christine Anderson

## **Comprehensive Breast Prevention Guide**

*After many years of hearing about Thermography, I decided to have the procedure. It is far easier and more comfortable than mammography and yields information many years before things can be seen on other testing modalities. Ingrid is thorough in her explanations of historic breast care, how diet and lifestyle affect breast health and treatment options that are becoming more and more accessible. Knowledge is power, and this book provides such a complete overview of testing, preventive protocols and upcoming newer and more effective and less invasive therapies. I left her office feeling much less fearful and empowered with a wonderful arsenal of self care information. This book is a summary of what Ingrid shares in her consultations. She is a pioneer and forerunner in this competitive and economically driven area of health care. Her goal is to provide us with tools to prevent or better treat any breast abnormality.*

**—Legend Lin**





# Protect Your Breasts

**Freeze and Cure Your Breast  
Cancer with Cryoablation**

**Reduce Your Risk of Breast Cancer  
or its Reoccurrence with the  
*Proactive Breast Wellness Program***

**Ingrid Edstrom, FNP, M.Ed.**



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Protect Your Breasts: Freeze and Cure Your Breast Cancer with Cryoablation,  
Reduce Your Risk of Breast Cancer or Its Reoccurrence with the  
Proactive Breast Wellness Program  
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Protect Your Breasts

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## MEDICAL DISCLAIMER

The contents of *Protect Your Breasts* and the *Proactive Breast Wellness* (PBW) program and website are for informational purposes only and are not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you have regarding a medical condition, and before undertaking any diet, dietary supplement, exercise, or other health program.

*Protect Your Breasts* and the *Proactive Breast Wellness* program and protocol is not a substitute for working with your own primary care physician. If you do have cancer, it is important that you work closely with your oncologist. Having a close relationship with your medical care provider is of great benefit in meeting your medical challenges over time.

This protocol was created to improve a woman's general health and cardiac health, as well as her breast health. Our cancer patients utilize this protocol as well as other supplements not listed in the standard PBW Nutritional Suggestions for immune support. PBW recommends a customized nutritional support program for women who are also working with their physician teams.

The *Proactive Breast Wellness* program is an educational tool to help you explore options and research that you may not be aware of to assist you on your journey towards health.

The *Protect Your Breasts* and the PBW programs are directed towards health promotion with a disease prevention focus.



For my daughter Kristin Edstrom  
It is a privilege to know you and to be  
your mother.  
You have tirelessly encouraged me over the  
decades with wisdom and grace.

For my father, John E. Large, who believed in  
my vision.

Lastly, *Protect Your Breasts* is dedicated to the  
thousands of women whom I have imaged with  
my infrared camera IRIS.

For the women who shared their stories of  
breast cancer and of hope.

Remember – Prevention IS the Cure!



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## INTRODUCTION

# Welcome and Congratulations!



**Y**ou have gained access to *Protect Your Breasts* and the *Proactive Breast Wellness* program to empower you to minimize your risk of developing breast cancer or reduce the chance of its reoccurrence. The *Proactive Breast Wellness* program is a comprehensive program. Along with this book, you can get the free resource digital download or free resource data disc (CD) so you can follow along more easily and research in greater depth. It includes over 1,000 pages of medically indexed materials that may be of interest. The resource digital download or data disc can be used as an index for the book and eBook version. Since we had already gathered 1,028 pages of medically indexed material for the first edition audio version of PBW, it seemed a duplication to have an index in the book version.

I have also included many lists and worksheets in the Getting Started section at the end of the book. The resource materials have dietary suggestions, supplement lists, and checklists for your pantry and kitchen to help make health transitions and shopping easier.

You can also access the free 45-minute *Waves of Serenity* progressive muscle relaxation/guided beach imagery digital download, CD or DVD. The mind/body connection is important in

improving your health with more restful sleep and decreased stress! I suggest you receive these free items before you start the PBW program so you will have all the materials ready to go and have lists ready to refer to as part of your study guide!

To access your free gifts, go to my website Store at [www.ProtectYourBreasts.com](http://www.ProtectYourBreasts.com), click on Free Resources for your PBW book/eBook, and enter the password code **PBWBOOK ( all capitals and no spaces)** to receive *Waves of Serenity* and the resource material as a free digital download. If you prefer to have these sent to you as physical CDs, click on **PBW MAIL DISCS**.

My name is Ingrid Edstrom and I will be your guide for the *Protect Your Breasts* book and the *Proactive Breast Wellness* program and narrator for the audio CD/digital download version of *Waves of Serenity*. PBW is an educational program I have developed to reduce your risk of breast cancer or the chance of its reoccurrence. This third edition is also available as a soft cover book and eBook.

To further protect your health and the health of your whole family, **you can receive 20% off all your supplements!** This will save you a lot of money on many brand name supplements that you may already be taking. Visit the website at [www.ProtectYourBreasts.com](http://www.ProtectYourBreasts.com) and go to the Supplement section to sign up for your discounted supplement products.

## **Are You Worried About Breast Cancer?**

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Every middle-aged and mature woman that I know is concerned about breast cancer. It does not affect only women, it affects families: our mothers, our partners, our children, our sisters, aunts, and grandmothers. Just think about the people you know who have been touched by this medical crisis. Many younger women worry, knowing how this cancer has

struck older female relatives, and they wait, hoping they will not become a statistic themselves. Scientists have been working for years to find links between genetics and the risk of developing breast cancer, and some links have been found. However, some of the research suggests that our environment – what we eat, how we live, the chemicals and radiation we receive from the natural surroundings of our environment – may have greater impact, perhaps as much as 91-93%, on our future health than our genetics, which contributes only 7-9% to our risk of developing breast cancer.

This information is heartening because it means we can make dietary, lifestyle, and environmental changes that will reduce our chances of developing breast disease or decrease recurrence rates, thus altering current statistical projections.

So far the medical community has not discovered a comprehensive approach that will prevent breast cancer. The *Proactive Breast Wellness* program will help you decrease your risks and improve the health of your whole family. The PBW program is also heart-healthy and women usually notice 15 to 30 pounds of weight loss and improvement in their lipid and thyroid panels. Women who follow my protocol usually improve their vitamin D3 levels and achieve hormone balancing, improved libido, better sleep, and decreased stress.

One of our professional medical experts, Dr. Max Chorowski, Assistant Clinical Professor of OB GYN at Tufts Medical School, who reviewed the PBW program states, “There are other books on the market; but they just are not as good as yours.” There are more endorsements from expert reviewers on the website in the “What the Experts Are Saying” section.

## **Breast Cancer Statistics**

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Our fear of breast cancer is not unwarranted. According to

the National Cancer Institute, breast cancer incident rates have increased more than 40% from 1973 to 1998 in the US. Oregon, where I currently practice, consistently ranks in the top five states for breast cancer incidence, and reported the third highest per capita incidence in 2001. It appears that in 2007, Oregon moved to being the second highest per capita. Washington State was number one in the nation. The incidence of breast cancer in the US has risen during the past 30 years from one in thirty to one in seven women. Agencies that track these statistics are concerned that in the next 10 years it may be one in five. It would not be overstating the case to describe this as an epidemic.

According to Dr. John Lee's book, *What Your Doctor May Not Tell You About Breast Cancer And How Hormone Balance Can Save Your Life*, published in October, 2002, your risk of surviving malignant breast cancer is just about the same as it was 50 years ago, when the only treatments were a mastectomy. In other words, despite millions of dollars in research and hugely expensive and risky treatments, the conventional medical approach to breast cancer isn't working, and talk of prevention is virtually nonexistent.

One might wonder what could be the cause of such a statistical growth rate in such a short time? I believe there is sufficient evidence to show that we are being continually exposed to chemicals in our environment that increase our risk for breast and other cancers. These chemicals act like estrogens in our bodies and they easily bind to our estrogen receptor sites. These compounds are also called estrogen mimickers, or xeno-estrogens, and are found in many common products. Have you noticed that girls are developing breasts as early as 8 years old or four years before the standard age of 12, and their periods are starting as early as nine and ten years of age? These little girls are exposed to many more chemicals

than our grandmothers were. In fact, the American Pediatric Association is now considering changing their growth charts to say that the norm now is to have breast development at eight and periods starting at nine or ten years of age! This has never been the case in all of human history!

These chemicals also affect our teenage boys. Sperm counts have been dropping, leading to infertility issues when they are ready to start a family. Have you also noticed that many adult males are growing “man boobs” and are carrying a lot of extra inches around their midriffs?

Making changes by following the PBW program will help everyone in your family. What you learn here will impact future generations. Knowledge is empowering!

## **What Are These Xeno-Estrogens and Estrogen Mimickers?**

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Prominent sources of these xeno-estrogens that promote cancer include pesticides, herbicides, bovine growth hormones in our non-organic meat and dairy, plastics, and a score of other sources that contribute to the estrogenic soup in our environment. Here in Oregon, herbicides containing xeno-estrogens are routinely used by the timber industry in clear cuts, in weed-suppression along country roads, and by well-meaning gardeners and farmers who collectively spray vast quantities of these chemicals. Brand names may include: 2-4-D Dioxin and Agent Orange-type compounds include Roundup and CrossBow. Atrazine is also being used on the urban, suburban, and rural landscapes.

Risk to human health is exacerbated by other miracles of modern chemistry. These include parabens, used as preservatives in cosmetics, food, shampoos, and sunscreen. Bovine growth hormone (BGH), is added to the feed of non-organic

meat and dairy animals. Farmers use it to add three pounds a day to the weight of beef animals prior to slaughter and to increase the milk volume in dairy animals. It is then found in non-organic food products such as meat, milk, cheese, yogurt, and butter. There are real and troubling health consequences to these compounds finding their way into the human food chain.

Though legal in the United States, these estrogen-like products have been linked to breast cancer, prostate cancer, miscarriages, infertility, arthritis-like symptoms, gastro-esophageal reflux, multiple sclerosis, malaise, ADD, ADHD, and other symptoms and diseases. Well-meaning producers of these products have been unwittingly poisoning us. Canada and European countries have begun restricting the use of herbicides and pesticides because of their risks. The United States has not yet done so, and remains an exporter of herbicide and pesticide products to third-world countries, some of which export their exposed food products back to us. I strongly believe that restricting exposure to these chemicals in our day-to-day living will save lives and improve our health, as well as the health of future generations. The *Proactive Breast Wellness* program includes more information about these chemicals, as well as practical, easy-to-follow suggestions on how to rid these products that contain these chemicals from your lives and homes.

To learn more, please review my website in the “Protect Your Breasts” section, as well as the sections on The Dangers of GMOs and Herbicide Use. There are also a number of links in the Take Action section to connect with other organizations that have been active in trying to protect the health of citizens. While you are in that section, listen to the video clip on Genetic Roulette. It will change the way you look at your food supply.



## **Breast Cancer Patients Have a Profile. Could This Be You?**

---

It appears that breast cancer patients have a profile. The following lab tests are often high: estrogen levels, free testosterone, DHEA and night-time cortisol from elevated stress levels and lack of sleep. The following tests are usually low: progesterone, iodine, and vitamin D3 levels. Cancer patients are typically hypothyroid, with abnormal or low normal thyroid test values and a morning temperature usually less than 97.8 degrees Fahrenheit when taken under their arm because their thyroid is not functioning well.

Consequently, it is extremely important to have some baseline laboratory testing done so you can find out if you are at higher risk to develop breast cancer or have it return. You can monitor your health with labs taken again after six months and following up on the checklist / work sheets once you have started to make changes on the PBW program to see how you are progressing. It is empowering and informative to be able to compare your current status with the baseline labs.

The *Proactive Breast Wellness* program assists you in learning how to achieve a balance in your hormones and to make dietary, lifestyle, and environmental changes that will improve your health and empower you. It also includes a protocol of dietary supplements that has been successful in reducing breast inflammation in six to twelve months, as well as reducing excess estrogen.

If you are curious about another way women have monitored their improvement on the PBW protocol, you can review the PYB website and watch the slides at Save Your Breasts in the “Protect Your Breasts” section on the website. Viewing these slides is important because you can see how an organic diet and xeno-estrogen exposure actually change the breast

tissue metabolically and physiologically. There are also some before-and-after infrared images in the same section. This should give you some encouragement that the PBW program works because you can literally see the difference.

Women just like you who followed the PBW protocol improved their labs and infrared scans about 65% of the time in a six to 12 month period. This is why I have become so passionate about this PBW program. I have had my infrared camera since early 2006 and I have imaged over 10,000 breasts. Seeing the health of my clients improve has been extremely gratifying.

Many of the PBW recommendations will also enhance other aspects of general well-being, reducing perimenopausal and menopausal symptoms, promoting loss of unwanted weight, improving libido, decreasing fibrocystic breast issues, increasing bone health, supporting immune system function, and improving thyroid function. I have included the *Waves of Serenity* 45-minute relaxation program as a Digital Download, CD/DVD to decrease stress and insomnia and improve your cortisol levels, which supports your immune system. People who have listened to the *Waves of Serenity* program on a daily basis have dropped their systolic blood pressure about 20 points in six weeks. I have also used *Waves* for people with chronic pain. Together, these changes will reduce your risk of developing breast cancer or its reoccurrence and improve your heart health and immune system.

## **Ingrid Edstrom's Background**

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Let me tell you a little bit about my background. I am the founder and president of Infrared Breast Health, LLC, and the creator of the *Proactive Breast Wellness* program. I currently have a private medical practice in Eugene, Oregon. In my wellness coaching, I strive to empower people to take

responsibility for their own health and to make lifestyle changes. I have been a nationally certified Family Nurse Practitioner since 1978, with a Masters in Health Education from Boston University in 1981. As a Nurse Practitioner, I have delivered extensive patient teaching about medical issues, diseases, and prevention. Lifestyle and nutritional counseling have been a focus of my practice. I started my academic career as a nutrition major prior to receiving my Bachelors in Nursing from the University of Rhode Island in 1974. I worked in some of the larger teaching hospitals in Boston, as well as for a large HMO for twelve years. I worked with four general surgeons who did a lot of breast cancer surgery. I scrubbed into cases in the operating room and did a lot of pre-op and post-op counseling and care at this HMO.

I soon became frustrated with the corporate need to push patients through medical care on a conveyor belt system with a certain number of minutes allotted to see and treat patients without addressing stress management or the nutritional teaching needs of clients. I also became aware that just handing out prescriptions was not getting to the cause of why people were ill. The medications only treated symptoms. They did not get to the source of the problem. The focus was on disease management not health promotion or disease prevention.

### **The Mind/Body Connection**

A turning point for my career involved meeting a Korean Buddhist monk in the late 1980's when I began exploring suffering from a Buddhist perspective and started a meditation practice. This fostered an understanding of the connection between people's thoughts and perceptions of their reality and their health, profoundly affecting my views and my role as a healer.

I then enrolled in the *Behavior Modification Relaxation Response* course for medical providers at the Harvard Medical School in 1990. This program was run by Dr. Herbert Benson at the Mind Body Medical Institute in Boston, Massachusetts. I became certified to teach stress management programs in school systems, as well as the *Prepare For Surgery/Heal Faster* mind/body guided imagery workshops. My practice subsequently expanded to include stress and pain management, and natural menopausal management using bioidentical hormone replacement, dietary, and nutritional supplements.

I have worked with chronic pain clients and with those whose symptomatology benefits from a mind/body approach to treatment, including trauma, insomnia, irritable bowel, migraines, fibromyalgia, high blood pressure, ulcers, panic attacks, depression and cancer. I have also worked with hospice clients.

During this time I created a six-hour program called *Chill Out Naturally*, a stress management program that I provided to six high schools in Western Massachusetts to assist in improving test scores and reducing stress. My program was found to help reduce negative lifestyle choices regarding smoking, drinking and driving, and drug use among the high school youth.

I then created a 45-minute progressive muscle relaxation/guided imagery CD/DVD entitled *Waves of Serenity*, currently being used in day-surgery centers, oncology suites, and by people recovering from hospitalizations at home. *Waves* has also been used by military veterans returning with post-traumatic stress disorders. This guided imagery was designed to help reduce stress and pain, and to decrease insomnia or just to help you relax.

The *Waves of Serenity* CD and DVD are available on the website as a part of the *Proactive Breast Wellness* program. It is also available as a download. As part of the *Protect Your*

*Breasts* eBook and the soft-cover book version, you will also receive a free copy of the *Waves of Serenity*. Please access your copy of *Waves* now if you have not done so. Use the password code **PBWBOOK** in my website Store to receive your free digital download of *Waves*.

In 2005, I became one of those frightened women with a thickened area in my own breast. I obtained an infrared breast scan, an adjunctive technique for visualizing physiological/metabolic changes in breast tissue. My thermography was borderline abnormal. I was at once terrified and energized to take action. I researched and started an early version of what has become the *Proactive Breast Wellness* program that includes an anti-estrogenic diet. I began eating organically, and got rid of bottled water and plastics for storing food. I took supplements to help take the extra estrogen out of my system. I evaluated my hormone levels, balanced my hormones, and started a course of bioidentical progesterone. Additionally, I made a number of other dietary and lifestyle changes. Thankfully, results were almost immediate. Within several months, I was able to eliminate the thickened area. I confirmed my medical progress by consulting a breast surgeon and having a mammogram and ultrasound done. I reversed all the inflammation as seen on the infrared scan in the course of just four months!

To see some of the before and after images of women who have been on the *Proactive Breast Wellness* program or to see the effects on breast tissue of toxic levels of xenoestrogens from herbicides and pesticides and bovine growth hormone, please go to the website at [www.ProtectYourBreasts.com](http://www.ProtectYourBreasts.com) and view the images in the “Protect Your Breasts” section.

Following my own medical ordeal, I felt that if I was able to reverse these conditions once I knew I had a problem, then other women might also benefit. The *Proactive Breast Wellness*

program took me seven years to research and create to help you protect your own health or the health of a loved one. Since breast cancer is an inflammatory problem, and breast cancers take 10 to 12 years to grow, the sooner one discovers a thermal change or evidence of early inflammation, the better the chances are for survival. I came to believe that thermal assessment through modern high-resolution infrared imaging may well offer the best assessment tool available to detect or monitor changes in the breast. In fact, it may detect these changes three to eight years earlier than mammograms are able to. Now a major portion of my medical practice is infrared thermal imaging. With this tool, I am able not only to identify women who need surgical evaluation, but also to monitor women's progress in reversing their inflammatory changes and decreasing the vascularity in their breasts.

The *Proactive Breast Wellness* program is the protocol I use to decrease my clients' risks. I frequently see reversal of their inflammatory thermal patterns within six to 12 months. Breast cancer survivors also come in for thermo-mammography/infrared thermography to follow their progress through treatment. The Cleveland Clinic uses IR (infrared) in their medical oncology department to monitor women's status and progress. I am currently conducting a clinical study to document these positive results. I believe I am the only one in the country currently using thermography to evaluate metabolic activity and body burden of estrogen mimickers and their effects on breast tissue.

The military-grade infrared camera that I use has a 97% sensitivity. MRI's have a 98% sensitivity. I use the IR camera to monitor metabolic reactions to hormone replacement therapy and to follow breast cancer survivors to monitor their progress. Please view the "Protect Your Breasts" section on the website to actually see the difference the PBW protocol makes.

For many years, I have been concerned about breast cancer and worried along with all women. To put it another way, racing for the cure is great but I'm more interested in a preventative approach to this problem. Many of the women who come to see me for an evaluation are frustrated and frightened when they are told they have a questionable mammogram or ultrasound, and are simply told to return in six months for another one. The medical community does not tell women what to do about reducing their risks while awaiting the next mammogram or ultrasound. This seems problematic to me.

As a Nurse Practitioner and health educator, I am passionate about making a difference in the dreadful cancer statistics because these statistics only represent the sanitized version of real people's extreme suffering. Is this preventable? The *Proactive Breast Wellness* program and *Protect Your Breasts* are my offerings to women to empower them in their quest to reduce their breast cancer risk with a preventative focus.

In the following chapters, you will be educated about the topics mentioned earlier, with greater detail and specific recommendations. These chapters are accompanied by a free data disc or a free resource download that can be obtained from the website to supplement your learning and health exploration. Also remember that the resource guide contains the medical source materials and research articles upon which my book is based. If you wish to further your research, you can read the sections that you are interested in. There are over 1,000 pages of abstracts and articles divided by chapters.

Your password code is **PBWBOOK**. Obtain your free materials now to use and refer to them as needed. Also included on the [www.ProtectYourBreasts.com](http://www.ProtectYourBreasts.com) website is a free gift of the *Waves of Serenity*. The guided visualization may also lessen your cancer risk and improve your immune system

health. Practice daily with *Waves* and see the difference in your health and mood.

Congratulations again on taking the first step on your path to improved health and well-being and protecting the health of your children and your whole family.

Remember – Prevention IS the Cure!



## CHAPTER 1

# The Anti-Estrogenic Diet and Other Dietary Recommendations

**A**s we go through the following educational chapters, please remember that there is an accompanying free data disc/resource download to refer to as needed for details mentioned in each chapter, plus additional resources, references and worksheets to expand your personal health research in the Getting Started section.

These free gifts are obtained at [www.ProtectYourBreasts.com](http://www.ProtectYourBreasts.com) from the website Store. Use the password code **PBWBOOK**. As another option, you can have them mailed to you as a CD.

Women usually loose 15 to 30 pounds in six to 12 months on the PBW program, decreasing that stubborn belly fat and gain more energy. They usually decrease insomnia and stress, improve libido, and attain improved hormone balance. Vitamin D3 levels and thyroid function are optimized. The PBW protocol is a heart-healthy program reducing cholesterol levels and improving our good cholesterol or HDL levels. Making these healthy changes for your breast health will improve the health of your whole family as a side benefit.

Our grandmothers in the 1940s and 1950s ate simpler foods. They had a cleaner diet with less estrogen dominance. They cooked with ingredients from scratch; nothing was pre-processed. Many had organic gardens. They also were less

exposed to plastics, and did not have to deal with as many chemicals in the environment. There were no synthetic hormone replacement therapies or birth control pills. The breast cancer rate back then was one in 28 in the United States. Pakistan, as an example of a third-world non-industrial country, had a one in 35 breast cancer rate. Currently in the United States, one in eight women will get breast cancer during their lifetimes. The American Cancer Society is projecting a future increase to perhaps one woman in five. This is an epidemic. We can benefit from the valuable wisdom of a simpler lifestyle and diet.

Breast cancer is for the most part an estrogen-dominant problem. Since we live in an estrogenic soup, whatever we can do to decrease our hidden estrogen load will improve our health. Environmental and dietary estrogen has also increased prostate cancer in men, and early breast development in girls. Many men are developing breast tissue and gaining more abdominal weight. Estrogen receptors are fat-bound. Making changes in your environment, diet and learning about supplements, will improve your whole family's health!

When dealing with the estrogen-dominant problem, there are two aspects to consider in reducing our intake of hidden estrogen in foods: the specific foods that we eat, as well as the way the foods are processed and stored.

First I'll talk about the foods we eat. Estrogens and estrogen mimickers are found in foods both naturally and as the result of chemical manipulation. High levels of estrogen affect many diseases including fibrocystic breast disease, ovarian cysts, and pre-menopausal symptoms or PMS, in addition to breast cancer.

The liver is important in metabolizing estrogen into an almost totally unharmed form. It also converts estrogen into

compounds that can be excreted from the body through the urine and bile. The purpose of the *Proactive Breast Wellness* diet is to support the liver, reduce intake of estrogen, and support other glands such as the adrenal glands and the thyroid gland that influence estrogen levels in the body.

## **Do You Know What is In Your Food? The Hazards of Bovine Growth Hormone (BGH) and Genetically Modified Organisms (GMOs)**

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The two primary sources of estrogen in the diet come from non-organically raised meat and dairy products. Bovine growth hormone is fed to dairy animals to increase milk supply, and is also injected and fed to stockyard animals to increase their bulk prior to slaughter. These stockyard animals are not raised humanely and due to overcrowding and disease they are also given antibiotics.

Many people have developed resistance to antibiotic therapy, which in part has developed from consuming these second hand antibiotics from our conventionally raised meat and dairy diet. These are compelling reasons not to eat conventionally raised meat and dairy. To learn more about these practices, see the videos *Food Inc.* and *The Real Dirt on Farmer John*.

Additionally, research indicates that genetically modified organisms or GMO grains and the mutated molds and bacteria on such grains disrupt the liver's ability to detoxify normally.

These mutants also affect the gut wall lining allowing harmful compounds to slip past into the blood stream directly affecting sensitive tissues throughout the body and over activating immune response; damaging what otherwise was

healthy tissue before. Conventionally raised animals are fed GMO grains. Moreover, a shocking 83% of all food items in grocery stores are genetically modified or have GMO products in them. This is, by the way, why labeling initiatives are so important to your health so you know what you are feeding your family!

Human genome research has begun to explore how mutated and genetically altered substances act as triggers for cancers. It will be some time before conclusive studies are completed.

The PBW program encourages you to lobby your local markets to label GMO foods so you and your family know what you are eating and to avoid GMO-containing products to protect your health. (The free data disc/resource download has links in the Take Action section to more information about this threat to your health.)

## **Environmental Sources of Estrogen Mimickers**

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The other sources of estrogen are primarily environmental xeno-estrogens from pesticides, herbicides, plastics, and other chemicals in our environment. These estrogen mimickers resemble natural estrogens and are bound at women's estrogen receptor sites, creating the effect of excess estrogen. Many of these receptor sites are found in fatty tissues, where estrogen can also be stored. This is why it is so very important for individuals to reduce their white body fat ratio and replace it with lean muscle mass. White fat is the giggly fat found under the skin. Brown adipose fat found in the core of the body is beneficial, cancer protective, and necessary.

A later chapter will go into more detail regarding xenoestrogens.

Organic foods are purposely produced without exposure to

pesticides, herbicides, petrochemical fertilizers, preservative waxes, and other potential estrogen mimicker chemicals. But be aware, there remain FDA-approved chemicals used on commercial organic crops, and ground water contamination remains an issue. While, as a general rule, organic foods have lower levels of chemical contamination – they are not chemical free. Your best bet is to purchase from reliable and ethical local farmers whom you can query about their chemical use and farming practices.

## **Eating organically is the Most Important Thing You Can Do to Reduce Breast Cancer**

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Eating organic foods is the most important single dietary practice you can follow to reduce your risk of breast cancer or its reoccurrence, and is the first *Proactive Breast Wellness* program recommendation. If possible, have as much of your food be organic as your budget allows. You may discover that as you start cooking more beautiful meals, you will reduce your take-out and going-out-to-eat meals, so you will have more funds for your organic fare. If you cannot eat completely organically, eat the organic items that you are able to, bless your food, and have positive thoughts about the way that you have now chosen to nurture and nourish yourself and your family.

It is sometimes overwhelming to try to change all your habits at once, so take baby steps, and make the changes with a positive intent. As you eliminate some things from your pantry and bring in new foods, you can do so in small increments. I have provided a pantry and kitchen checklist to help you get started in making these healthy changes. The worksheet checklist is located on the free data disc or free resource download or in the Putting It All Together and Getting Started section at the end of the book.

Select one change every four weeks to allow yourself to develop lasting habits. This will reduce the feeling of being overwhelmed, allowing you the opportunity to create positive movement towards your health goals. Some individuals may be able to immediately transition to new dietary practices. If you are one of those, please do not feel restricted to making slow changes.

## **Labels: What Is the Difference Between “Organic” and “Natural”?**

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When buying organic foods, one must understand what the various labels mean. The strictest compliance with organic production is indicated by the term “Certified Organic”. The producers of these products have maintained their organic practices for more than three years, are independently inspected, and have paid fees to obtain this designation. At the time of this writing, the term “organic” alone on a product does not necessarily mean that organic practices have been stringently followed and confirmed. Often the terms “natural”, “hormone free”, “antibiotic free”, and “pesticide free” are used, but may not indicate stringently organic practices.

According to the USDA National Organic Standards Board (NOSB), the term “organic” is defined by law, as opposed to the terms “natural” and “eco-friendly,” which may imply that some organic methods were used in the production of the foodstuff, but with no guarantee of complete adherence to organic practices. Most “natural” products do not contain synthetic products but conventional food or feed that included synthetic chemicals may have been used in their production (as in “natural” beef). Non-organic meats in the US are fed estrogens in the stockyard to fatten them. Beware of labels that say, “natural meat.” There may be fine print

that claims that the animals were not fed antibiotics or hormones within 80 days prior to slaughter. These chemicals are fat-soluble and they remain in the tissues.

You may also find some foods labeled as “transitional organic,” indicating that the producers are in the process of converting to fully organic methods, but have not yet met certification standards. So, your best protection is to look for the “100% certified organic” labeled foods, and, as a second choice, those labeled as “organic.”

## **How To Avoid “The Dirty Dozen”**

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If you do have to include in your diet some foods that are not organically produced, some are safer than others. Some fruits and vegetables retain higher levels of pesticides or are sprayed more often than others. I call these the dirty dozen. This list is excerpted from the 2017 Environmental Working Group report, or *Shopper’s Guide to Pesticides and Produce*. This report and many others are available at [www.ewg.org](http://www.ewg.org), and you can find the list on the data disc/resource download and at the end of the book in the worksheet sections.

The non-organic fruits and vegetables that have been found to carry the heaviest pesticide load are strawberries, apples, and blueberries (these three consistently show the highest amount), bell peppers (usually from US or Mexico), spinach and cherries from the US, peaches, Mexican cantaloupes, celery, apricots, green beans, grapes from Chile, red raspberries, and cucumbers. Among the produce that has the fewest pesticides are avocados, onions, sweet potatoes, cauliflower, Brussels sprouts, bananas, plums, green onions, watermelon, and broccoli.

There are many major hazards in eating GMO foods. More information about GMOs is listed in Chapter 6 of the PBW

program and in the Take Action section of our website. There is a fabulous video clip on our website entitled Genetic Roulette by Gary Smith. I encourage you and your family to watch the whole video to get a better understanding of how GMOs negatively affect your health and cause many diseases. I was able to meet and speak with Gary Smith several years ago and his video has changed the way I look at food and understand how GMOs are negatively impacting the health of my patients.

## **Pass Some Agent Orange With Your Corn, Please**

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The certified organic label represents that the seed used was not genetically modified (GMO) and the crop was raised using organic practices without chemicals. Our food sources are currently involved in a worldwide crisis related to who controls the seed for crops, which may have sinister consequences. In the future, if legislation is not put into effect promptly, people will no longer have a choice about the nature of the seeds used to produce the food they eat. Monsanto and other companies have been purchasing seed growers and creating GMO or genetically modified seeds. These seeds are altered so they can be ready for Roundup, 2-4-D Dioxin, or Agent Orange-like chemicals. The intent is to grow fields of crops that can be sprayed with herbicides to kill the weeds but not the crop. There has been news released about farmers wanting to be able to use even more powerful, currently banned chemicals due to weeds becoming resistant to Roundup. These chemicals will then increase in your food supply. Corn, wheat, canola, cotton, cotton seed oil, sugar from sugar beets, and soy are now about 98% GMO if not designated organically grown. Corn and soy are in a myriad of products and these GMO-produced grains are also fed to



conventionally-raised animals. Other seeds are altered so that they will only grow one crop and farmers cannot save their own seeds to replant the following year.

The U.S. and Canada both prohibit 100% certified organic food from containing GMO ingredients. However, contamination of crops may cause organic feed to contain some percentage of GMO ingredients. Basically, the problem is that GMO crops spew pollen into the air, as all crops do. This pollen then cross-breeds with organic crops, which pollutes and corrupts the organic farms. I encourage you to go to my website links and resource section to take action, and send letters and vote against GMO practices before our whole food industry is destroyed.

You can also be aware of the seasonal cycles of fruits and vegetables. Out of season produce coming from third-world countries will more likely be pesticide exposed. For instance, eating domestic strawberries and cantaloupe in season may be safer than Mexican fruit out of season. However, unless designated organic, domestic products may still include pesticide residue. Some pesticides and herbicides that have already been outlawed in the United States are still being used in other countries, and their products are still being imported to the United States. Some of these outlawed pesticides are actually still produced in the United States for export only.

When eating away from home, the challenges of limiting your exposure to conventional and non organic food increase. Choosing an eatery that specifically indicates they use only organic produce and meat is the easiest solution. If that is not possible, you can quiz your server as to which items on the menu are wild caught, organic, or not. I recommend that you avoid the fast food arena because of the presence of bovine growth hormone and antibiotics in conventional meat and

dairy, as well as the deep frying methods often used, which may involve GMO produced cooking oils.

It is more than just the deep fry methods. All the flour and corn, and the cooking oils made from corn, canola, and soy contained in commercial foods will contain chemicals like hexane, a dry cleaning chemical and GMO. In addition, according to food industry journals, synthetic proteins, algae, and modified yeast are increasingly in use. The best rule is to avoid all fast food or chain eateries. Whenever possible, select local bistros, cafes, and restaurants or locate an organic food store, farm stand, farmer's co-op, or sustainable agriculture vendor and make a picnic for your travel meals.

## **Food Storage, Preparation and the Dangers of Plastics**

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The second food-related exposure to xenoestrogens is related to how our foods are prepared and stored. The risk has to do primarily with food contact with plastics. All plastics may leach estrogen mimickers into food. Heat as low as 87°F encourages the release of these chemicals. Ideally, plastics are best not used at all for food preparation and storage.

Modern plastic storage containers are numbered one through seven to denote the types of plastic. I recommend that you avoid all of these when possible. However, some of the plastics are known to be more dangerous than others, especially plastics numbered seven, six, and three. The worst, and the most important to avoid, are those containing Bisphenol A, also known as BPA. This is found primarily in the number seven plastics, usually polycarbonate. Number seven items are frequently labeled as microwaveable, or as eating utensils, linings for metal food and beverage containers, and baby bottles. Many countries have banned polycarbonate dishes

and cutlery, and newer replacement plastic items are often labeled as BPA free. However, BPA free does not mean safe and I would not use them.

The next plastics highest on the dangerous list are numbers six and three. Polystyrene number six is found in foam or Styrofoam containers and cups, as well as clear, disposable take-out containers. Styrene is a human carcinogen and leaches out when in contact with heat, fat, or alcohol.

Plastic number three is polyvinyl chloride, known as PVC. This type contains plasticizers called Adipates and Phthalates. This type is found in plastic wrapping materials for foods like cheese and meat, and in plastic oil containers.

If they must be used, the safer plastics are numbers one, two, four, and five. For more information on types of plastics, please refer to the data disc/resource download. The following practical suggestions may assist you in making changes in your kitchen.

## **Your Plastic Kitchen Utensils and Microwave May Increase Your Cancer Risk**

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The greatest risk of exposure from plastics results from contact with food at high temperatures. To reduce or prevent exposure may require you to change cookware and food preparation routines. Do not microwave in Tupperware, plastic containers, or on plastic plates. In fact, I would stop using your microwave altogether. Avoid pouring hot sauces or liquids into plastic. Do not use plastic cookware, colanders, spoons, or spatulas. Avoid nonstick cookware because of the plastic coatings. Use metal or wooden utensils when cooking. Use glass or ceramic plates and cups for serving, not plasticware. Stainless steel and cast iron cookware are the safest. Make sure your cast iron is from the United States

or France – do not use cast iron made anywhere else. Aluminum cookware is not the best choice because of a possible relationship with Alzheimer’s disease. It is not known if anodized aluminum is safer than other aluminum.

## **Get Rid Of Your Tupperware and Plastic Storage Containers**

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Exposure of foods to plastic during storage may not be as serious a risk as heated plastics, but should be avoided as much as possible. Store leftovers in stainless steel or glass containers. Lead-free ceramic, porcelain, and enamel-covered cast iron are also good options. If the containers have plastic lids, avoid having the food touch the lids and let the food cool first before putting on the lid. Otherwise, steam will condense on the plastic lid and fall back into your food.

You might consider using wax paper instead of plastic wraps. Some of the old-fashioned brown waxed papers use waxes that are vegetable-based, not petrochemically based. If you are uncertain, a phone call to the manufacturer can confirm. Glad Wrap is a different polymer product that may be a better choice than Saran Plastic Wrap. Avoid using plastic storage bags, when possible. If you must use them, try putting waxed paper inside the bag so that your food is not in contact with the plastic. Some health food stores carry unbleached cardboard vegetable-waxed food storage boxes that can be used in freezers with a protective wrap of freezer paper, freezer tape, or an external plastic bag. When buying meat or fish, have the butcher wrap it in regular butcher paper. In this way, you will avoid the Styrofoam trays, plastic absorbent pillows, and outer shrink-wrap. You don’t know how long the meat has been in contact with these plastic materials.

Bring things home and store them in glass or stainless containers. You can freeze food in glass jars with straight sides as long as you leave about an inch or an inch and a half of air space above the food to allow for expansion. Tighten the lids securely after they are frozen. Freezing in plastic containers is equally a risk for petro-chemical release.

## **Buy Food in Glass Not In Plastic or in Cans**

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Cheeses and other items purchased in shrink-wrap can be removed from the plastic at home and stored in a safe container. To be even safer, you can trim off the portion of the product that was in contact with the plastic wrap. If you have a choice of fruit juice or other foods in plastic versus glass bottles, go for the glass containers. Realize also that canned foods may be in contact with a plastic coating inside the cans. Many manufacturers are now putting BPA free labels on their cans. Although challenging, you may be able to find similar products packed in glass, or make it from scratch. Buy fruits and vegetables that have not been waxed with petrochemicals. These waxes are not noted on produce labels or stickers. There again, you may want to be cautious. Check the apples and cucumbers next time. If you are purchasing organically, they will not be waxed with petrochemical waxes.

## **Get Rid of Your Plastic Drinking Bottles**

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Plastic water and beverage containers are common sources of xenoestrogen or estrogen-mimicker exposure. Additionally, they cause harmful environmental impact by ending up in landfills. The plastic exposure is completely unnecessary. Consider not purchasing any food or water in plastic bottles or containers. Using a high-quality solid carbon water filter or reverse osmosis water purification system in your home will produce a healthier product. You might consider getting

a MultiPure solid carbon water filter for your kitchen and shower that removes about 99.8% of all the chlorine and fluoride, and a long list of other chemicals including many herbicides and pesticides that might be getting into your water supply. We all know that no water filter available gets everything out of the water supply, including many of the prescription medications that also include birth control pills and other estrogens. Filters grab the largest molecules first, which will be chlorine, lead, then fluoride. If these are in the highest concentrations, your filter will let pass many of the petrochemicals. All the chemicals are easily vaporized in a shower situation so you should always use a solid carbon filter on showerheads.

It is a bit of an investment to get a water filter for your home, but the water tastes a lot better. The MultiPure can be found through the links section on the website, or at [www.multipure.com](http://www.multipure.com). Other solid carbon filter brands are readily available. Some of the lower cost filters, such as Britta, do not use an adequate solid carbon filter and store the filtered water in a plastic container. If you create healthy filtered water at home, do not store it in plastic containers.

If you must purchase water products in plastic containers, you can reduce your risk in various ways. Don't use water stored in plastic bottles left in your automobile because of the heat trapped in the vehicle. Remember, some plastics leach chemicals at just 87°F. Check the dates on the bottles to see how long the water has been sitting in the container. Unfortunately, we cannot know to what temperature the bottles were heated when transported during delivery. Transfer water purchased in plastic containers to stainless steel thermoses or glass bottles. I prefer US-made stainless steel because there are regulations and controls on what is being used in the product.

Use paper cups, the metal top of your thermoses, stainless steel or ceramic containers for beverages, especially if they are hot. Don't use Styrofoam or plastic cups. Watch out for those convenient plastic cup toppers. The heat from your tea or coffee will release the harmful chemicals in the lid into your beverage. Also do not stir your coffee or tea with a plastic stirring stick or straw. Look for a wooden stirrer or a clean metal spoon. If you have to use plastic on occasion such as for camping, be sure to choose BPA free plastics that are also numbered one, two, or five.

## **Other Dietary Recommendations**

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Besides dietary changes to reduce xenoestrogen exposure, there are other general health recommendations that may indirectly reduce breast cancer risk or its reoccurrence. Most of these recommendations have to do with avoiding unnecessary dietary chemicals, and achieving a more alkaline diet. This may, in turn, result in decreasing excessive body weight, which is a risk factor because of the role fat plays in estrogen storage, and may also help with diabetic and cardiac issues. The role of foods containing natural plant estrogens, called phytoestrogens, is a subject of continued research and confusion with respect to reducing breast cancer risk.

## **Food Additives & Other Nasty Things You Can Identify and Avoid**

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Although not estrogen mimickers, there are food additives that may be dangerous as a result of other mechanisms. Nitrites have been found to be carcinogenic, and are found in processed meats such as sausages and hot dogs. Colorings and other additives are under some suspicion as contributors to ill health. Fungicides are known to disrupt bowel flora.

Parabens, preservatives found in some foods as well as cosmetics, have been found in breast cancer tumor tissue. Soda beverages are discouraged because they have no nutritional value, most come in plastic containers, some contain bromine, they are very acidic, and their phosphates leach calcium from bones. Artificial sweeteners have been suspect for causing multiple maladies. These include aspartame, under brand names of Nutrasweet and Equal. Splenda is a brand name for sucralose. Sucralose does not seem to be produced by genetic modification but by a process of chlorination, so this is not a good choice. Aspartame is frequently found in diet soda. If it is stored above 86 degrees Fahrenheit it converts to formaldehyde and formic acid. Both are potent carcinogens.

Thirty years ago iodine was used in the bread-making process and in recent years it has been replaced with brominated flour. Two decades ago the breast cancer rate was one in 20, now the rate is one in eight. This coincidence should not be a direct breast cancer causality factor but I do feel that it has a direct correlation to thyroid function. Bromine blocks thyroid function and may interfere with the anti-cancer effect of iodine on the breast. My recommendation is to avoid brominated flour as much as possible. This will require careful reading of ingredient labels.

## **What May Be Making Your Lumpy Breasts Worse?**

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Although fibrocystic breasts are not a cause of cancer, they make evaluation and diagnosis of breast cancer more difficult. Methyl-xan-thines from all sources are known to increase lumps and tenderness associated with fibrocystic breasts. Caffeine is the primary substance in foods that contain methyl-xan-thine, found in coffee, black tea, chocolate, sodas, and other foods and beverages. Some studies have



shown that if women who have dense fibrocystic breasts stop consuming caffeine, they experience a significant reversal of thickening within less than six months. This could have a huge positive impact for those of you who have lumpy or tender breasts before your menstrual cycles.

Organic green teas or organic white teas are relatively benign since they contain only a third of the amount of caffeine as black tea, and they also contain polyphenols that decrease inflammation and cancer risk. You can easily decaffeinate tea by pouring boiling water over the loose tea and discarding the first water before putting the rinsed leaves in the teapot. Two cups a day are necessary for the benefits of the polyphenols.

While we are discussing polyphenols, check out Upton Tea Imports ([www.uptontea.com](http://www.uptontea.com)) they provide over 260 varieties of teas, including organic green and organic white teas. They also provide an educational newsletter about tea. Tea is a crop that is heavily sprayed when not organically grown. The following four teas are recommended in the *Proactive Breast Wellness* program to reverse breast inflammation: Wuyan Ruikang, Ceylon Green, Shou Mei White, Young Hyson. After sampling some of these organic teas, you'll never go back to standard name brands. You can also try herbal teas like peppermint, rose hip, and chamomile that are non-caffeinated. People with hay fever and asthma are advised to avoid chamomile.

## **Don't Bite White**

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A few thoughts about diet. Remember "Don't bite white". Eliminate sugar, white flour, white rice, and refined or processed foods. Unsweetened grape juice, stevia, rice syrup, and honey are fine in moderation. Try whole grain organic unbleached, unbromated wheat, rye, pumpernickel, or oatmeal flours and breads sparingly. Decreasing your carbohydrate intake from white bread while increasing your complex

carbohydrates from vegetables and whole grains, preferably organic, will be beneficial. Brown or wild rice, lentils, beans, quinoa, and other whole grains are flavorful, filling, and very wholesome. Beans and rice together make a complete balanced meal without meat, if prepared properly with the right ratios. You can also add some steamed or stir fried vegetables cooked with organic oils (extra virgin olive oil, coconut oil, grape seed oil, hazelnut oil, avocado oil) with some spices. Increase sulfur-rich foods which appear to decrease cancer risk. These include onion, garlic, seeds and nuts.

## **What To Drink and Quit the Soda**

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Try iced organic green tea, or some juice, perhaps diluted with water instead of sodas. Cold water with a twist of lime or lemon is also very refreshing and alkalines your system if consumed prior to meals. Lemon stimulates bile production that then increases the release of enzymes for the breakdown of foods. Secondly, it increases stomach acid to facilitate digestion and the release of minerals. Without sufficient acid we cannot absorb minerals. A small amount of organic apple cider vinegar added to water a couple times a day will also help. I enjoy Braggs Organic Apple Cider Vinegar that is naturally fermented and increases your probiotics also.

Solid carbon filtered water is necessary to keep yourself hydrated and to flush out toxins. Avoid candy, since it increases your acidity. Candy and sugar increase insulin that then drives inflammation. Insulin also interferes with the utilization of other hormones, for example in the condition of polycystic ovarian syndrome and syndrome X or morbid obesity. Since estrogen is stored in fatty tissue, the benefits of decreasing sugars and losing weight will also help you.

## **Try Gluten-Free for Two Weeks and Watch the Belly Fat Melt Away**

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Try cutting out gluten, wheat, bread, pastry, and pasta for two to three weeks and you may discover that you begin to drop the pounds without trying to lose weight. In addition, as the “wheat belly” decreases, gas and bloating and bowel irregularities also decrease. If you have joint pain, this will improve as well. Gluten may make auto-immune problems worse, increasing leaky gut syndrome and affecting a host of other problems like allergies, asthma, rashes, fibromyalgia, and osteoarthritis. Try being off gluten for a few weeks and see how much better you start to feel. This information ties into the next section on acidic foods.

## **Avoid Foods that Make You Acidic. Try the Alkaline Diet**

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Foods that cause an acidic state in the body are termed acidic foods. This is not directly related to the actual pH of the food, but rather how the body responds to the food. These acidic foods cause inflammation, and cancer is an inflammatory process. Changing to an alkaline diet to decrease the acidic state may decrease your cancer risk. When following an alkaline diet, numerous other health benefits follow as well, including loss of excess fat, decreased osteoporosis, decreased arthritis, and decreased insulin resistance in pre-diabetics. The complementary medicine community has used this approach for many years, and now allopathic Western medicine practitioners are embracing it as well, especially with respect to treatment of insulin resistance and diabetes. The highlights of an alkaline diet include use of whole organic grain products, vegetables, seeds, and nuts; and the avoidance of red meats, dairy products, sugar, refined carbohydrates, white flour

bleached with bromine, gluten, and alcohol. Fresh juices of carrots, celery, apple, and beets are beneficial.

It is not always easy to predict which dietary items best fit in an alkaline diet, so lists of appropriate foods have been prepared. There is a sample list available on the data disc/resource download and in the Getting Started section at the end of the book.

Two excellent books that review the alkaline diet extensively are *The pH Miracle: Balance Your Diet, Reclaim Your Health*, by Robert Young, Ph.D. and Shelly Redford-Young, and *The Acid Alkaline Diet for Optimum Health: Restore Your Health By Changing pH Balance In Your Diet*, by Christopher Vasey, naturopathic physician. These books and many other source books are available in the Resource section on our website to help you easily browse through books that I recommend to improve your health.

The following are some general recommendations for an alkaline diet. Limit red meat due to its acidifying tendencies. If you do eat some red meat, make it organic, grass fed, which will avoid antibiotics and hormones and the use of GMO grain to fatten the animals. Organically-raised grass fed meat has more healthy fat than conventionally raised meat since toxins accumulate in the fat layer. It is very difficult to find organically raised pork these days. Organically raised fowl is fine in moderation, but remove the skin to decrease your fat intake if you are trying to lose weight and lower your cholesterol level. Wild caught fish is even less acidifying than fowl.

## **Oils and Healthy Fats**

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Use unsaturated fats such as those found in cold pressed or expeller pressed organic virgin olive oil or organic coconut oil, your best choices in oils. Of the olive oils available, the

healthiest is the first cold pressed virgin olive oil. Oils produced from later pressings, the less expensive oils, often include added hexane, a dry cleaning chemical used to get more oil from the pulp during extraction. Hexane is used in the dry cleaning industry and should be avoided. (Because it takes over two weeks for hexane to air out of garments, after dry cleaning, they should be left in the garage, not in the house, to avoid polluting the indoor air).

Do not use margarine, commercial mayonnaise, or other salad dressings. Try vinaigrettes made with organic olive oil, balsamic vinegar, a garlic clove, drops of fermented soy sauce, a pinch of coriander, cumin, and perhaps rosemary. Do not use products that include hydrogenated fats, frequently found in crackers and cookies, and avoid deep fried foods. Use light olive oil for baking rather than Crisco or conventional lard. I would rather you use butter from a healthy organic grass-fed cow than to ever use margarine or canola oil, which are sources of GMOs.

## **The Dangers of Trans Fatty Acid**

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I would like to provide some information about trans fatty acids, which is an important topic for your health. I am quoting from a wonderful resource book entitled *What You Must Know About Vitamins, Minerals, Herbs & More* by Pamela Wartian Smith, MD. This book has become one of my favorite source books, and I recommend you get a copy. You can review this book on my website in the Resources section. Dr. Wartian Smith is a leader in the functional medicine / anti-aging physician fellowship training program.

The following is an excerpt from Dr. Wartian Smith's book:

*"Trans fatty acids do not occur naturally in nature. They were developed by the food industry to help food stay*

*fresh longer. They have been shown to increase LDL or Low-density Lipoproteins, decrease HDL or High-Density Lipoproteins or (good cholesterol), increase triglycerides, increase lipoprotein (a), and make platelets stickier, which increases blood clots. Furthermore, trans fatty acids cause your cell membranes to leak, disrupting cellular metabolism and allowing toxins to enter your cells. All processed oils contain trans fatty acids. Consequently do not use processed oils. The more solid the oil, the more trans fatty acids are included in it. Liquid vegetable oils contain up to six percent trans fats and margarines and shortening up to 58 percent trans fatty acids. Anything that says hydrogenated or partially hydrogenated contains trans fatty acids. Trans fatty acids will increase your risk of heart disease. Furthermore, trans fatty acids interfere with your body's ability to make its own DHA. Trans fatty acids occur in: boxed foods, breads, candies, chocolate, frozen dinners, processed meats, French fries, potato chips, corn chips, tortilla chips, donuts, pastries, margarine and mayonnaise."*

## **What About Dairy?**

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My next recommendation is to eliminate or reduce non-organic dairy products such as milk, cheese, cream cheese, and ice cream. Doing this will help optimize thyroid function and reduce unnecessary calories. If you must have some dairy, occasional use of small amounts of organic yogurt, kefir, or organic cottage cheese is the best choice. Occasional organic butter use is a better choice than margarine or other spreads that are made from chemicals you will have difficulty pronouncing. The fewer additives you consume, the better. Eating large amounts of dairy tends to be acidic for the system and hence may cause increased inflammation. People with arthritis, asthma, and fibromyalgia may notice

a difference in their symptoms when they decrease their dietary intake of dairy and gluten.

Goat milk or milk from “the tan” old world genetic cows like Guernsey and Jersey has proteins that are easier to digest than the more common milk from the black and white Holstein cows. Again, always choose products that are free of bovine growth hormone and antibiotics and find sources of milk from cows that just eat grass and no GMO grains.

## **OMEGA-3 FATTY ACIDS – Where Your Ancestors Came From Matters**

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Omega-3 fatty acids have numerous beneficial effects and are uniformly recommended by both complementary and allopathic practitioners for improving health. They can decrease inflammation, lower cholesterol, decrease joint pain, and improve mood and reduce depression. Omega-3 fatty acids are found especially in fish. However, fish oil may be a problem for those of Native American, Welsh, English, or Scotch ancestry. Human genome studies have found large sections of these populations do not have the ability to convert omegas properly. If you find you are experiencing an increase in cravings, inflammation, or cholesterol and triglyceride levels, switch to a GLA oil supplement. Another issue is guarding against rancid fish oil or fish oil with toxins or heavy metals. Check the supplement suggestion section on my website for brands that check every batch for impurities. I store my fish oil in the refrigerator as well.

The *Proactive Breast Wellness* program recommends that you increase your consumption of wild cold-water fish such as wild salmon, Atlantic sourced kippers, sardines, cod, and herring. These fish contain a lot of omega-3 fatty acids.

Avoid these foods if you have a family history of gout or kidney disease. Due to the high purines found in these foods, uric acid build up may result leading to kidney stones as well as joint pain.

Avoid shark, swordfish and mackerel due to their high mercury content. Eating smaller wild fish helps because they have not lived as long to accumulate toxins in their bodies. There is added concern about Asian or Pacific fish following the Japanese nuclear accident. Buy wild-caught fish to avoid the additives in farmed fish diets. In a recent report, over 80% of farmed fish is not from the US.

If you go to the Take Action section at [www.ProtectYourBreasts.com](http://www.ProtectYourBreasts.com), near the bottom under Other Organizations, you will find a link to Got Mercury. This is an excellent place to find out how much mercury you might be ingesting based on your weight and fish consumption. Fish oil supplements from Iceland and Norway are an alternative to natural fish in the diet. These supplements are discussed in detail in Chapter 2.

## **The Controversy Over Flax and Soy – They are Estrogenic**

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Flax seed and flax seed oil are also good sources for omega-3 fatty acids including alpha linolenic acid or ALA, but I do not recommend that you use flax. I would rather suggest instead that you use chia seeds or a handful of organic raw walnuts daily, particularly if you follow a vegetarian or vegan diet. I discuss my bias against flax and also non-fermented soy in Chapter 2 of the PBW program and later in this chapter.

The beneficial properties of flax that were noted in older research will be included here for a more complete under-



standing of the topic, though I am not suggesting their use at the current time.

The following is what the literature has offered regarding flax: Flax seed oil can be used as an alternative to fish oil for vegans, women intolerant of fish oil products, and women known to not be estrogen dominant. The PBW program usually suggests that you avoid flax due to its estrogenic effects and suggests instead using a handful of raw organic walnuts or chia seeds daily. Ground flax seed is an excellent fiber and has been associated with lower levels of ovarian, bowel, and uterine cancers, and also lowers cholesterol levels. However, I would prefer if you used non-estrogenic fiber sources found in chia seeds or Psyllium husks. Typical amounts of organic flax used are one tablespoon of ground flax seed or one teaspoon flax seed oil. If used, flax seed oil and ground flax seeds should be refrigerated. Whole seeds need not be refrigerated and are best ground just prior to eating. I recommend that pre-ground flax seeds not be purchased unless stored frozen. Ground flax becomes rancid quickly and loses its beneficial properties shortly after being ground.

However, there are additional hormonal issues with the use of flax seed products as well as non-fermented soy because of their estrogenic actions and I recommend you limit their use altogether.

Another consideration concerning flax is that the human conversion of ALA or alpha linolenic acid to EPA or DHA is unreliable and variable among individuals and can be inhibited by conditions such as fast foods, baked goods, alcohol intake, vitamin and mineral deficiencies of B3, B6, C, zinc, and magnesium.

A good quality fish oil is a direct source of EPA and DHA.

## Phytoestrogens/Plant Estrogens & Estrogen Dominance

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Some natural products have estrogen-like properties. These items are called phytoestrogens. Phytoestrogens are plant-derived xenoestrogens functioning as the primary female sex hormone. They include non-fermented soy, flax, hops in beer, black cohosh, dong quai, and red clover. In general, the *Proactive Breast Wellness* program recommends caution in using these products, especially for women who are estrogen dominant. Estrogen dominance is determined by infrared breast scanning or laboratory testing, and is discussed in the chapter on hormone balancing later in the book. More information is also available in Chapter 2 in the nutritional supplement section. The following is a discussion concerning these plant estrogenic foods.

Soy products have been an area of mixed research results and controversy because of their mild phytoestrogen / plant estrogen properties. Studies on Asian women seem to show protective effects for breast cancer from eating miso and tempeh. However, there are concerns that excessive use of soy products may be harmful. American diets have tended toward large quantities of soy hidden in our foods plus trendy soy power bars and energy drinks. The Asian diets usually include smaller quantities of soy, about a quarter of a cup per day total. The traditional Asian diet has not included processed soy bars and power drinks, or genetically modified soy products. Remember that about 97% of all soy is now GMO, which carries other dangers. Asian populations also use more fermented soy products such as miso, tempeh and soysauce that appear safer than non-fermented products.

The non-fermented products include tofu, soy protein or soy isolates, soy cheese, soy energy drinks, soy milk, soy bars,

and processed foods with lots of soy in them. Tempeh and fermented soy products have less phytoestrogen than tofu. If you are being treated for cancer and have an estrogen sensitive tumor, check with your oncologist regarding what place soy should have in your diet, since at this time there aren't any straightforward answers to this soy question. Soy products have also been shown to down regulate thyroid function.

My recommendation is to avoid soy products in general, especially if you are hypothyroid. If you wish to continue eating soy, choose organic and non-GMO, or non-genetically modified soy products, eat smaller portions, a quarter cup or less, and use miso and tempeh rather than tofu. If you drink a lot of soy milk, you might try rice, goat, coconut, almond, oat, or hazelnut milk for a change. Choose organic brands when possible.

My concern regarding the use of soy and flax seed and other plant estrogen products has been heightened by my experience with infrared breast scanning. This technique can show breast vascular patterns consistent with increased estrogenic activity metabolically. In my experience of over ten years, these vascular patterns increase drastically when dietary intake of soy or flax seed increases. The *Proactive Breast Wellness* program recommends that flax seed and soy products be used with caution, preferably with hormonal monitoring by your clinician. If your clinician has determined that you are estrogen dominant or at high risk of breast cancer, the *Proactive Breast Wellness* program recommends that soy and flax seed products be avoided altogether.

If removing flax seed creates a problem with respect to loss of dietary fiber and you are becoming a bit constipated, try rice bran, oat bran, chia seed, psyllium husks and increase your magnesium intake. If you are gluten sensitive, then I would also avoid wheat and oat bran. Acacia fiber is a far

better fiber choice for those with diverticulitis, celiac disease, IBS, or thyroid problems. Anyone who is on pain medication for cancer treatments or injury would benefit from Acacia fiber to prevent constipation or increase your magnesium dosage. Several of these products are listed on my website Virtual Dispensary.

The soy and flax phytoestrogen content becomes a complex issue for vegans avoiding all animal products. For more information, refer to the portion in the supplement section Chapter 2 for more on phytoestrogens. Chia seed or a handful of raw organic walnuts will provide the fiber and the omega-3 fatty acids that you need. You can also get omega-3 from an algae source.

## **Think Garlic**

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Garlic has antiviral, antibacterial, antifungal, and anti-carcinogenic properties. It's also a blood thinner, supports the immune system, and lowers cholesterol levels. In spite of garlic being mildly estrogenic, it is highly beneficial and I recommend you increase your consumption of raw garlic, onions, leeks, and chives, which have similar properties. Garlic powder, garlic capsules, and garlic salt are not as beneficial and do not have the health benefits of raw, freshly chopped garlic. Cooking of garlic removes some of its beneficial properties, so adding it at the end of cooking is best. Pre-processed garlic in a jar has many preservatives and is best avoided. If you have upcoming surgery, you should stop eating garlic a few days prior to the procedure because it delays blood clotting. At the first sign of a scratchy throat, many people now use or chew a clove of raw garlic two to three times a day with boosted vitamin C in divided dosages to bowel tolerance. Take the garlic with some food so it is not taken on an empty stomach. Also, increase your vitamin D3

intake to 15,000 IUs for about three days. These measures often prevent the cold from getting started.

## **Explore Organic Mushrooms for Your Immune System**

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Organic shitake, maitake and reishi mushrooms are also thought by some to be beneficial, purchased fresh and then lightly cooked, or in a dried form, or in extract solution. These mushrooms are raised on sawdust rather than in manure as are button mushrooms, which are heavily sprayed with fungicides. Some practitioners believe they may help support the immune system in cancer patients. This is an area of controversy, and I recommend you consult with your health care provider regarding their therapeutic usage. The Proactive Breast program has included these mushrooms in the protocol for immune support. However, be sure you are not allergic to fungi before using these foods. Rain Forest Mushrooms in Oregon can ship fresh organic medicinal mushrooms or large bags of dehydrated mushrooms to your door. Dried mushrooms are less expensive and last a long time in your pantry. All you have to do is throw a handful into boiling water and let them soak a few minutes to rehydrate and then chop them up and make stews or soups with them. Delicious!

## **Iodine an Essential Mineral in Your Anti-Estrogenic Diet**

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Increasing your iodine intake is beneficial because low levels of iodine have been associated with increased incidence of breast cancer and thyroid dysfunction.

There is additional information in Chapter 2 for you to review. Use caution if you think you have an iodine allergy.

This is probably more related to people who have had dye studies using iodine, but it was probably another additive in the IV iodine solution that caused the allergic reaction, not the iodine itself.

At the time of publishing my third edition, I have decreased my previous recommendations for iodine supplement dosage requirements. I have lowered the amount I had suggested previously in my earlier books. In part I base this on Dr. Pamela Wartian Smith's second edition in 2020 of *"What You Must Know about Vitamins Minerals Herbs and So Much More"* and Jeffrey Bland's *"Clinical Nutrition: A Functional Approach."* The recommendation is for adults who are not pregnant: 150 micrograms daily or .150 milligrams. For pregnant women the recommendation is 220 micrograms daily or .220 milligrams. I have met Dr. Wartian Smith at conferences a couple times. My patients love her book which I provide in my clinic since it has an abundance of practical food sourcing and dosage suggestions. I also reduced my iodine recommendations for my patients after speaking with Dr. Deborah McKay who is a Naturopathic Endocrinologist in Portland, Oregon. You may discover that you may be able to get the iodine that you need from food sources. I had previously been suggesting 12 to 24 milligrams daily but I no longer make that suggestion to women because I feel that is much too high a dose to take.

I highly recommend that you evaluate your iodine levels before starting iodine supplementation. 90% of Americans are iodine deficient. A deficiency increases your breast cancer risk. Ensure that your sea salt is iodine fortified, such as the Celtic brand sea salt. An alternate product is Herbimare Original, a sea salt with herbs. Sea salts are recommended over refined salts because of the additional trace minerals that are included, and the absence of chemical processing.

However, salt alone/ sodium chloride, cannot provide sufficient iodine for optimal health.

With respect to diet, this is most easily done by adding 1/8 to 1/4 teaspoon of Atlantic seaweed daily or eating wild caught seafood two to three times a week. Seaweed may be added to soups or stews easily or eaten as a snack. The [www.LoveSeaWeed.com](http://www.LoveSeaWeed.com) website for Rising Tide Sea Vegetables or Maine Coast Sea Vegetables at [www.SeaVeg.com](http://www.SeaVeg.com) are excellent resources for seaweed supplements and foods. They harvest their seaweed off the less populated coasts of northern California and Maine, contrasted with oriental varieties that may be harvested from more polluted waters. Mountain Rose Herbs in Eugene, Oregon, also has seaweed from Iceland and does a large mail order business.

After the nuclear accident in Japan, Atlantic sourcing of these products locally is even more important, with the added benefits of decreasing the carbon foot print, U.S. job creation, and supporting the eat local movement.

Varieties of seaweed include kelp, arame, nori, wakame, kombu, and dulse. Each has a unique flavor and texture. Powdered dulse is available from Sea Seasonings of Maine Coast Sea Vegetables. It contains only 22 mg of sodium per teaspoon. Seaweed can be used whole or can be ground in a coffee grinder, then sprinkled into salad dressings, scrambled eggs, soups, brown rice, quinoa, or stir fries. One-quarter teaspoon of powdered Atlantic seaweed equals about three mg of iodine, and you can easily use less. Non-food iodine supplements are discussed in the next chapter if you feel it may be difficult to eat seaweed daily or if you do not eat wild caught ocean fish.

## Make Gradual Changes to Diet and Lifestyle and Decrease Your Stress

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Dietary and food changes can be very challenging. If what you are doing with your food is stressing you out, stop. Food is meant to be enjoyed, and to be nourishing and satisfying. If you develop bad or negative food relationships, it won't matter if your food is organic. The stress will do more damage.

I recommend that your changes be gradual. It is better to make small consistent and permanent changes than to try too much and then feel overwhelmed or quit. This is an education process, and a matter of also changing your lifestyle and eating habits, with a focus on your breast health. You may discover other health benefits such as weight loss, improved cholesterol levels and heart health, decreased joint pain, decreased irritable bowel symptoms, less insomnia, and less stress.

Remember to get your free gift of a digital download of *Waves of Serenity*, the 45-minute progressive muscle relaxation/guided beach imagery program to reduce stress. Go to my website Store and click on Free Ressources for your book/eBook. When asked for a password code, use **PBWBOOK** to get this stress management tool and resource download.

We also have *Waves* available as a CD or DVD for a small additional shipping charge if you prefer that format or wish to give someone a Gift of Health/ Relaxation Program. You can listen and view the video clip on the home page of my website. Besides great food and dietary changes that the PBW program will help you with, I have included this wonderful *Waves of Serenity* 45-minute relaxation program to help your mind, mood, sleep and stress. The DVD I created are scenes from Moonstone Beach in Rhode Island. This was



my favorite beach to roam when I was an undergraduate nursing student.

I have used my *Waves of Serenity* CD and DVD in many of my stress management classes that I provided to groups and patients over the years. Decreasing stress and improving your immune system is essential for protecting your health in many ways. Have a listen and close your eyes and imagine wiggling your toes in the sand on a perfect summer day!

Great mystics throughout the world caution about bad eating habits and the dangers to digestion and health from stress, poor sleep, and emotional unrest. Making the changes offered in the *Proactive Breast Wellness* program will improve the health of your whole family! Advocating for other women and helping to guide your children or grandchildren will help to protect the health of future generations.

Congratulate yourself on making changes to benefit your health. The *Proactive Breast Wellness* program will guide you towards a more fit and healthy mind and body!

This is my “Gift of Health” for you or a loved one.

Remember – Prevention IS the Cure!