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## Strategies for Preventing Breast Cancer

1. Eat lots of green vegetables, mushrooms, and onions.
2. Use one tablespoon of ground flax or chia seed daily.
3. Reduce consumption of animal protein.
4. Don't eat fried foods or well-done meats.
5. Choose supplements without synthetic folic acid.
6. Exercise at least three hours a week and maintain a lean body with little body fat.
7. Do not drink alcohol.
8. Do not smoke.
9. Limit your exposure to estrogen.
10. Have babies and nurse them as long as you can.

