

# 10 STRATEGIES FOR PREVENTING BREAST CANCER

## Eat a diet rich in G-BOMBS

Greens, Beans, Onions, Mushrooms, Berries, Seeds contain powerful anticancer compounds.

## Eat flax or chia seeds every day

Get in one tablespoon of **flax or chia** seeds daily – they contain high amounts of lignans, a nutrient with anticancer effects.

## Reduce animal protein

Animal products, particularly dairy products, raise IGF-1 levels, which is associated with increased risk of breast cancer.

## Avoid fried foods and well-done meats

Fried starchy foods get their crunch from **acrylamide**, while meats cooked at high temperatures form **heterocyclic amines**. Both have the potential to cause cancer.

## Avoid high glycemic carbohydrates

White flour, white rice, sugar, honey, maple syrup and other insulin-promoting processed foods promote fat-storage and cellular growth that can promote breast cancer.

## Choose a multivitamin without folic acid

Avoid any supplement or food fortified with folic acid – a synthetic substance associated with increased risk of breast cancer. Folate (the real thing) is found in green vegetables.

## Take the Optimal Amount of Vitamin D3

Both too little and too much Vitamin D has been associated with higher risk of cancer or premature death. Make sure you are taking the right amount by confirming with a blood test.

## Stay lean and active

High levels of physical activity have been shown to reduce breast cancer risk by 25%. Obesity alone is cited as the cause of 17% of breast cancer cases.

## Do not drink alcohol

Even light drinking (3 to 6 **alcoholic beverages** per week) is associated with a 15% increase in breast cancer risk, so stick to water.

## Live healthfully to avoid antibiotics and drugs

Eating a Nutritarian diet helps keep your immune system strong to prevent infections and it also helps you avoid medications for blood pressure and cholesterol lowering that can increase cancer risk. If you are on medications, a change to a Nutritarian diet can help you reduce and in most cases end the need for medications, many of which can promote weight gain and cancer.