

## Breast Cancer Prevention Toronto

### Risk Factors

The known risk factors for breast cancer (family history, genetics, prolonged exposure to estrogen, xenoestrogens, heavy metals and other toxins) only account for approximately 35% of women who go on to develop breast cancer. The remaining factors tend to be influenced by diet and other lifestyle choices that are within our power to change, such as immune system support through diet and lifestyle, and the reduction of chronic stress in our day-to-day lives.

### Prevention Is Key

Breast tissue contains cells that are reactionary to hormones and fatty tissue that stores fat-soluble toxins like synthetic hormones, heavy metals, and pesticides. These factors make breast tissue susceptible to cellular damage that leads to cancer. The most effective way to prevent the development of breast cancer is to implement the following preventative strategies into your daily life:

- Reduce the use of under-wire bras, as their use decreases the movement of the breasts; thereby reducing the amount of toxin removal by the lymphatic system.
- Take off your bra when you arrive home in the evening- wearing a bra more than 12 hours a day increases your risk substantially.
- Exercise 4-5 times weekly, as this can reduce your risk of developing breast cancer by up to 40%
- Gently massage your breasts when applying lotions or creams after a shower or bath to help become more familiar with your breast tissue.
- Better yet, massage your breasts with castor oil to help increase lymphatic circulation, increase immune cell activity, and break down adhesions.
- Limit your exposure to radiation- x-rays etc.
- Take a food based, organic multi-vitamin daily
- Increase your intake of Omega-3 fatty acids
- Reduce your intake of hydrogenated fats, such as margarine and refined oils.
- Eat natural, alive, and good quality (organic whenever possible) foods.
- Do not smoke
- Improve lymphatic circulation by dry skin brushing 3-4 times weekly
- Detoxify your body's largest organ (the skin) with regular sauna use – an infrared sauna is ideal.



- Increase your intake of fruits and vegetables
- Increase your intake of cruciferous vegetables, as they reduce the toxic load of xenoestrogens and estrogen on the body.
- Reduce your intake of sugar -particularly refined-, as this will help strengthen your immune system.