

THE ULTRAWELLNESS CENTER

BREAST WELLNESS

CHOOSE WHOLE FOODS

Whole foods are nutrient dense-providing vitamins, minerals and other phytonutrients that promote health. Non-processed foods also help increase your insulin sensitivity and prevent insulin resistance.

GET 3-5 HOURS OF EXERCISE PER WEEK

Aim for 45 minutes, 5 times a week. This also increases your insulin sensitivity and helps you to maintain a healthy percentage of body fat.

INCREASE YOUR FIBER INTAKE

Your goal is 35 gm per day. High-fiber foods include vegetables, fruits, beans, nuts and seeds (like ground flax seeds), and whole grains such as brown rice, quinoa and buckwheat.

HAVE PROTEIN AT EVERY MEAL OR SNACK OF THE DAY

Good protein sources include; fish, lean poultry, beans, nuts, eggs, and whole or fermented soy foods. Make sure you include a few vegetarian options in your daily protein intake.

MAINTAIN A HEALTHY WEIGHT

This is the best studied, most agreed upon step a women can take to decrease her risk of breast cancer.

GET A GOOD NIGHT SLEEP

Sleeping well helps with weight control, insulin sensitivity, and supports your immune system. All of this is important for preventing cancer.

CHOOSE ORGANIC AND HORMONE-FREE MEAT, MILK, AND PRODUCE

Choose organic and hormone-free meat, milk, and produce and buy fish and seafood from clean sources. This reduces your exposure to unwanted pesticides hormones, and toxins like mercury.

TAKE PROBIOTICS

Take 10 to 20 billion organisms twice a day, once in the morning and once in the evening.

AVOID EXCESS TOXIC EXPOSURE

Choose organic products for your lawn and garden, avoid dry cleaning, avoid plastic bottles, especially #7 that has BPA, and limit your intake of medications (like Tylenol) that get processed in your liver. Look for body care products that are free of parabens and phthalates.

LIMIT YOUR ALCOHOL INTAKE

Limit your alcohol intake to no more than 1 drink per day and 5 per week less is better. Remember 1 drink is 5 ounces of wine, 1.5 ounces of hard alcohol, or 12 ounces of beer.

EAT 8 -10 ½ CUP SERVINGS OF FRUITS AND VEGETABLES PER DAY

Organic produce is lower in pesticides, some of which can mimic estrogen in your body. Cruciferous vegetables like broccoli, cauliflower, cabbage and kale help the body detoxify toxins and estrogens that you are exposed to as well as your own body's estrogen. Ideally you should try to get 1-2 servings of cruciferous vegetables per day.

TOP 10 FOODS FOR BREAST WELLNESS

- Broccoli
- Green Tea - Organic
- Blueberries and other organic berries
- Pomegranate
- Whole organic soy – like edamame, tofu, miso, tempeh
- Beans and legumes
- Ground Flax Seed
- Garlic and onions
- Fatty Fish like salmon and sardines
- Seaweed and nori

