

BREAST HEALTH		BALANCE SHEET	
Risk Factors		Protective Factors	
	HEREDITARY		HEREDITARY
	Mother or sister with breast cancer (+2)		No family history of cancer
	Presence of genes BRCA1 or BRCA2 (+8)		No genetic susceptibility
	Relative with ovarian or endometrial cancer		No family ovarian or endometrial cancer
	Brother or father with prostate cancer (+4)		No family prostate cancer
	Light-skinned		Dark-skinned
	Body mass index > 28		Body mass index < 22.8
	Birth weight > 8.8 lbs (+3.5)		Birth weight < 6.7 lbs
	Birth length > 51.5 cm		Birth length < 50 cm
	Over 5' 6" tall		Under 5' 6" tall
	Weight > 154 lbs. (+3.6)		Appropriate weight; weight < 153 lbs.
	Waist to hip ratio >.81 (+7)		Waist to hip ratio < .73
	REPRODUCTIVE		REPRODUCTIVE
	No children or children after 30		Gave birth before age 20 or 30
	No children		More than one child (-.5 with 5 kids)
	No breast-feeding		Breast-fed kids for at least 6 months (-2.5)
	LIFESTYLE AND HEALTHCARE		LIFESTYLE AND HEALTHCARE
	Aging		Use antioxidants and anti-aging supplements
	High breast density (+1.8 - +6)		Low breast density
	Higher socio-economic status		Lower socio-economic status
	Lack of exercise		Regular exercise (4 hours weekly) (-.60)
	Large weight gain after age 18		No weight gain after age 18
	< 2 bowel movement per week (+4.5)		2 or more bowel movements daily
	Use prescription drugs: beta-blockers (Prozac, Paxil, Elavil); tricyclic antidepressants (Amoxapine, Clomipramine, Desipramine and Trimipramine, Haldol); steroids (Reserpine, hydralazine, Tagamet, metronidazole, vincristine, Nitrofurazone, Valium, Xanax, nitrogen mustard, procarbazine); cholesterol-lowering drugs; Claritin, Atarax, the diuretics Spironolactone and Furosemide, and the anti-cancer drugs (vincristine, acronycine, cytembena, and isophosphamide)		Use herbal, nutritional, homeopathic, and naturopathic recommendations when possible instead of prescription drugs. Educate yourself on the side effects of medications before taking them.
	Dental problems: mercury fillings, root canals, chronic infection in extraction sites		Replace mercury fillings with ceramic, remove root canal teeth, clear infection
	Infection with EBV, HPV, MMTV, streptococcus, mycoplasma		No focus of infection or viral load
	Imbalanced biological terrain		Normalize biological terrain
	Chronic inflammation		Vegetarian, no dairy fat in diet, use curcumin and bromelain; consider Wobenzyme
	Immune deficiency, allergies		Follow immune-strengthening program
	Underactive thyroid; iodine deficiency		Correct thyroid function; use seaweeds
	Annual mammograms (radiation exposure)		Monthly breast self exam; annual

(+.5)	thermograms, MRI, blood tests or bio-impedance to find cancer early (-.2)	
Cigarette smoking increases risk	No smoking; avoid secondhand smoke	
Alcohol increases risk (> 3 drinks/week)	Avoid alcohol or have minimally	
Use commercial hair dyes	Use henna or natural hair dyes	
Have breast implants	No breast implants; have them removed	
Wear a tight-fitting bra	Go braless or use looser cotton bra	
Mineral and enzyme deficiency	Eat organic, replace minerals and enzymes	
Parasitic infection	Do parasite cleanse once or twice yearly	
Liver toxicity	Do liver cleanse once or twice yearly	
Bowel toxicity	Do bowel cleanse once yearly; replace flora	
Frequent use of antibiotics	Avoid antibiotics, deal with candidiasis	
Chemical toxins accumulate in fat tissue	Use saunas regularly or sauna detox yearly	
Poor lymphatic circulation	Use skin-brushing, rebounding, exercise	
HORMONAL	HORMONAL	
Estrogen quotient is .5-.8	Estrogen quotient is greater than 1.2	
Low ratio of C2 to C16 estrogen	High ratio of C2 to C16 estrogen	
Low ratio of C2 to C4 estrogen	High ratio of C2 to C4 estrogen	
Early onset of menstruation (<11) (+2)	Late onset of menstruation (>14)	
Late menopause (>54)	Early menopause (<45)	
Menstrual cycle <25 days (+2)	Menstrual cycle 26-28 days	
Low progesterone (+5.4)	Normal progesterone	
Fibrocystic breasts	Healthy breast tissue	
Increased testosterone	Normal testosterone	
Increased prolactin	Normal prolactin	
Increased growth hormone	Avoid dairy with bovine growth hormone	
Increased insulin	Normal insulin	
Women whose mothers had high estrogen in pregnancy	Protect self/fetus from high estrogen in pregnancy	
Unbalanced thyroid; iodine deficiency	Correct thyroid function; use seaweeds	
High blood levels of IGF-1 (+7)	Normal blood levels of IGF-1	
Decreased melatonin levels	High melatonin; meditation practice	
Sleep with light on at night: exposure to light at night decreases melatonin production, increases risk	Sleep in a dark room; meditate/pray shortly before bed to increase melatonin	
Birth control pills used before age 20 or for more than 5 years before age 35 (+3)	Natural fertility methods such as sympto-thermo or Justisse method, condoms, Luna	
Use of fertility drugs in past	Avoidance of fertility drugs	
Post-menopausal and >50 lb. Overweight	Post-menopausal and not overweight	
Estrogen replacement therapy, especially when used for more than 5 years	No estrogen replacement therapy, or have stopped for > 5 yrs.	
Former use of the drug DES or your mother took it while pregnant (+.4)	No DES; avoid drugs in pregnancy	
ENVIRONMENTAL	ENVIRONMENTAL	
Exposure to radiation	Seaweeds daily, miso and lentils 3x weekly	
Fly frequently	Fly seldom	
Live within 50 mi. of a nuclear reactor	Live > 50 miles from a nuclear reactor	



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HEALTHY BREAST SOLUTIONS

	Continuous exposure to electricity and electromagnetic fields	Live in the country with few electrical devices	
	Work in the electrical trade (+.7)	Work away from excess electricity	
	Install, repair telephones (+2.2)		
	Sleep within 2½' of electrical devices	Sleep >3' away from electrical devices	
	Sit < 2' from front, < 4' from sides of computer video display terminals	Sit further from computer video display terminals and use them < 20 hours weekly	
	Use an electric blanket	Use cotton, wool, down blankets	
	Have worked on a farm (+9)	Never worked on a farm, or worked on organic farm	
	Exposure to pesticides: food, lawn, farm, golf courses, public areas	Eat organic, avoid pesticides	
	Live in industrialized area	Live away from industry & pesticide sprays	
	Exposure to petrochemicals, gas stations	Use car less	
	Exposure to formaldehyde	Choose products without formaldehyde	
	Exposure to benzene	Avoid benzene	
	Exposure to organochlorines	Recognize and avoid organochlorines	
	Use of chemical or industrial cleansers	Use of non-toxic cleansers	
	Exposure to carcinogens	Recognize and avoid known carcinogens	
	Live near a hospital incinerator	Live away from a hospital incinerator	
	Live near a PVC recycling plant	Live away from a PVC recycling plant	
	Use plastics	Avoid plastics, use glass, wax paper, cardboard, butcher paper	
	Live near a chemical plant	Live away from a chemical plant	
	Live near a toxic waste site or dump	Decrease waste; live away from a toxic waste site or dump	
	Live near a sewage treatment plant	Use a composting toilet, live away from a sewage treatment plant	
	Use chlorine bleach	Use non-chlorine bleach	
	Drink chlorinated water	Drink ozonated or filtered water	
	Dry-clean clothing	Avoid dry-cleaning; use natural detergents	
	DIETARY	DIETARY	
	High fat consumption: > 30% total calories Eat more saturated and trans fats (+2)	Low fat consumption: < 15% total calories Eat more flaxseed oil and olive oil	
	Low fiber: < 10 grams daily	High fiber: > 30 grams daily (-.30)	
	Eat meat weekly	Vegetarian (-.30)	
	Use dairy products	Use soy milk, organic goat milk, or low fat org. dairy	
	Eat sweets, sugar products	Have 2 or more fruits daily	
	Use processed food	Use whole, unrefined foods	
	Use bread products regularly	Use beans, whole grains	
	Drink coffee	Drink herbal teas, green tea	
	No soy products	Soy products daily	
	No orange fruits and vegetables	Use 2 foods high in vitamin A daily	
	Use vegetable oils, animal fat, margarine and cooked oils; have low essential fatty acids	Use unheated flaxseed and olive oil, clean fish oil	
	Minimal fruits and vegetables	6-9 servings of fruits and vegetables/day	

