Source of omega-3 fatty acids, are high fiber, and contain one hundred more cancer-fighting lignans than any other known edible plant.

**Tip 5:** Eat soy-based whole-food products several times a week.

Women who eat the most whole soy foods, such as tofu, tempeh, and miso have a 30 to 50 percent lower risk of breast cancer.

**Tip 6:** Eat Maitake mushrooms or take them as a supplement.

Maitake mushrooms stimulate the immune system, and stop tumors from growing, cause them to shrink, and prevent them from spreading to other areas of the body.

**Tip 7:** Drink green tea every day or take it as a supplement.

Women who drink green tea have a much lower risk of breast cancer and if they get breast cancer, their chances of surviving are much greater.

**Tip 8:** Consume turmeric every day.

Turmeric, a potent antioxidant and anti-inflammatory is considered the #1 anti-cancer spice.

**Tip 9:** Eat at least one clove of garlic several times a week.

Garlic is extremely high in antioxidants and selenium, boosts the immune system, lessens the formation of carcinogens in the breast, prevents toxins from damaging our DNA, and stops breast tumors from growing and dividing.

**Tip 10:** Include Wakame or Mekabu seaweed in your diet.

Wakame and Mekabu seaweeds are high in the mineral iodine, which research shows is more effective at killing breast cancer cells than many common chemotherapeutic drugs.

**Tip 11:** Take a vitamin supplement every day.

Certain vitamins, especially vitamin B12, folate, vitamin D and vitamin E, help to crush the growth of breast cancer.

**Tip 12:** Get adequate amounts of selenium every day.

As little as 200 micrograms (mcg) a day of this antioxidant lowers your risk of breast cancer and most other types of cancer by 50 percent.

**Tip 13:** If you are over age thirty-five, take supplemental coenzyme Q10 (CoQ10) every day.

CoQ10 is a natural vitamin-like substance and powerful antioxidant that is essential for the production of energy in our cells. It also stops the growth of breast cancer and dramatically shrinks tumors.

**Tip 14:** Take an herbal anti-inflammatory several times a week.

Research shows that women who take an anti-inflammatory an average of three times a week, especially one that inhibits the COX-2 enzyme, have a 50 percent lower risk of breast cancer.

**Tip 15:** Nix red meat.

Women who eat the most red meat have a 30 to 50 percent higher risk of breast cancer.

**Tip 16:** Avoid refined sugar.

Use a natural sweetener such as Stevia instead. Sugar is cancer’s favorite food. The more of it you eat, the faster the cancer will grow.

**Tip 17:** Keep your body-fat low.

Fat cells manufacture estrogen, notably after menopause. That’s why obesity is thought to be responsible for 20 to 30 percent of post-menopausal breast cancers.

**Tip 18:** Rarely, if ever, drink alcohol.

Even half a glass of alcohol a day increases your risk of breast cancer, so it’s best to avoid this dangerous beverage completely.
30 Tips to Lower Your Risk of Breast Cancer

by Christine Horner, MD

As a plastic surgeon, I witnessed the horrors of breast cancer almost everyday while taking care of my breast recon- struction patients. Then, the disease became too personal - it claimed the life of my own mother in 1994. At that moment, I vowed to go after her killer. My goal was to see if this disease could be stopped before it ever started. What cause it to start growing and there fue on its flames? So, I searched through the collection of medical research—and found the answers. Here, I discovered thousands of studies that pointed out exactly why we have a breast cancer epi- demic: what we are doing and not doing that contributes to birthing and feeding this monster breast. My new book, Waking the Warrior Goddess: Dr. Christine Horner’s Program to Prevent Against and Fight Breast Cancer, describes every natural approach that science shows helps to drastically lower a woman’s risk of developing this disease and for women who have breast cancer, decreases the likelihood that they will live a long healthy life.

Tip #1: Eat, organically grown fruits and vegetables—especially cruciferous vegetables every day.

These plants, particularly those in the cruciferous family (broccoli, cauliflower, cabbage, kale) are filled with a variety of nutrients, vitamins, and plant chemicals that act as powerful medi- cines against breast cancer.

Tip #2: Eat organic whole grains every day.

Whole grains are rich in cancer-fighting alkylresorcinols, vitamins, trace minerals, fiber, and lignins.

Tip #3: Avoid all health-destroying fats. Consumer health-generating fats every day.

Saturated animal fats, trans fats, partially hydrogenated oils, and hydro- genated fats fuel breast cancer, whereas healthy fats—especially omega-3 fatty acids found in flaxseeds—offer protection.

Tip #4: Eat 3-2 tablespoons of ground flax seeds every day.

Flaxseeds are the richest plant source of omega-3 fatty acids, are high in fiber, and contain one hundred more cancer-fighting lignans than any other known edible plant.

Tip #5: Eat soy-based whole-food products several times a week.

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Tip #17: Go to bed by 10:00 p.m. and get up before 6:00 a.m.

A melatonin, the sleep hormone, is a powerful antioxidant that arrests and destroys breast cancer in many ways. Staying up past 10:00 p.m., alcohol and carcinogenic chemicals (EMFs) cause melatonin levels to drop.

Tip #18: Take an herbal adaptagen every day to lower your body’s response to stress.

Certain herbs called adaptogens, for example ginseng, ashwagandha and holy basil lower your body’s response to stress.

Tip #19: Niger smoke tobacco products.

Research shows that women who smoke or inhale passive smoke have as much as a 60 percent increased risk of breast cancer.

Tip #20: Don’t take birth control pills or hor- mone replacement therapy (HRT), except in rare circumstances determined by your doctor and only for a brief time.

Long-term use of birth control pills has been shown to increase the risk of breast cancer. HRT increases the risk of breast disease, strokes, blood clots, gull- bladder disease, endometrial cancer, ovar- ian cancer and invasive breast cancer.

Tip #21: Use only nontoxic cleaning products in your home and office.

Cleaning supplies are almost always filled with health-damaging chemicals, so use nontoxic cleaning instead.

Tip #22: Toxins are everywhere—in your water, clothing, furnishings, construction materials, dry cleaning, personal care products, lawn and garden products, insect repellent, flea collars, paints, wallpaper, tile, paper, particleboard. Assume that everything that is toxic unless it is la- beled otherwise and choose its nontoxic solution instead.

Tip #23: Take a week or two, or once or twice a year, to purify your body.

Detoxing works! Just one five-day se- ries of the Ayurvedic purification proce- dures known as panchakarma has been shown to cut your load of toxins in half.

Tip #24: Keep your body-fat low.

Fat cells manufacture estrogen, not- ably after menopause. That’s why obesity is thought to be responsible for 20 to 30 percent of post-menopausal breast cancers.

Tip #25: Minimize your exposure to electro- magnetic fields (EMFs).

All electrical appliances and wires produce breast cancer-promoting EMFs—all you have to do is stand just a few feet away from them to avoid them. Hair dy- ers produce more EMF’s than any other household appliance, so use a low EMF hairdryer instead (www.lowemf.com).

Tip #26: Embrace thirty minutes of aerobic activity every day.

Just thirty minutes of aerobic activ- ity three to five times a week can lower your risk of breast cancer by 30 to 50 percent.

Tip #27: Practice a stress-reducing medita- tion every day.

Stress has been found to contribute to about 90% of all illnesses, including breast cancer. Research shows that the daily practice of meditation, called Tran- scendental Meditation or TM can lower your risk of all diseases by as much as 50 percent.

Tip #28: Practice stress-reducing breathing techniques.

The regular practice of special breath- ing exercises called pranayama improves stress-hormone balance, blood pressure, and heart rate, and lowers cholesterol.

Tip #29: Nix red meat.

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Tip #30: Care of your needs first, stay healthy, and you’ll have more to offer others.

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www.breastcancerwellness.org

Christine Horner, MD

Christine Horner, MD is a board-certified and nationally recognized surgeon, author of natural medicine, professional speaker and a relentless champion for women’s health. She is the author of Waking the Warrior Goddess: Dr. Christine Horner’s Program to Prevent Against and Fight Breast Cancer, winner of the Independent Book Publishers Award 2006 for “Best Book in Health, Medicine, and Nutrition.” For more information go to www.breastcancerwellness.com.