

Breast Health

Breast Health Concerns

- Breast Pain
- Breast Tenderness
- Nipple Discharge
- Nipple Inflammation
- Cysts Or Lumps
- Skin Discoloration Or Skin Changes

Symptoms are an indicator of dysfunction or a physical disturbance.



Breast health is an important factor in a woman's overall health. As many as 1 in 8 women may develop breast cancer in their lifetime! The tips below can be used to maintain optimal breast health and prevent the occurrence of breast diseases.

Common breast health concerns include:

- Breast Cancer
- Fibrocystic Breast Changes (FBC)

Risk factors of breast cancer:

- Heredity – 5-10% of breast cancers. Having a first degree relative with a history of breast cancer approximately doubles a woman's risk
- Estrogen Exposure – use of hormonal birth control or synthetic HRT
- Obesity – largely due to fat cell production of estrogen
- Alcohol Intake – increases with more than 1 drink per day
- Diet – avoid high fat diets. Plant based diets can decrease risk by as much as 30%
- Exercise – women who do not exercise regularly have 4x the risk
- Fibrocystic Changes

Risk factors of fibrocystic breast changes:

FBC occurs naturally after years of hormonal fluctuations relating to the menstrual cycle where areas of dense of fibrotic tissue can occur

Supplements to prevent fibrocystic changes and cancer include:

- Vitamin D
- Iodine
- Progesterone
- Resveratrol
- Green Tea
- DIM and I3C

Test Now & Treat Right™

