



## Better Breast Health – for Life!<sup>™</sup>

### Book Description

- **Better Breast Health - for Life!<sup>™</sup> is an empowering, interactive self-help guide, complete with audio workshop and worksheets.**
- The **30-minute audio CD workshop** guides you through a "**Risk Factors**" **Worksheet** to identify and prioritize the risk factors in your life. The **128 page book** then offers details, background, and research on each risk factor, along with strategies to reduce their impact. Additional web resources are also included.
- **Thirty-five risk factors** are covered, including body size and shape, chemical and pollutant exposure, radiation and EMF exposure, hormones, HRT, birth control pills, sleep, sunlight, emotional trauma, stress, bras, exercise, bodily system cleansing, medication use, organics, alkaline and acidic foods, enzymes, fiber, fats, EFAs, nutritional supplementation, and cooking methods.
- The book culminates with an "**Actions Checklist**" which lists every action step in the book so that a "check" can be placed next to the action steps you intend to take on your journey to better breast health.

### From the Publisher:

- For the first time - we not only have a book on breast cancer prevention, but a powerful in-home workshop and workbook! Now a woman can identify and prioritize the risk factors that are uniquely in her life, and learn self-empowering strategies to reduce them!

### Introduction

- **Do you know just how much control you have over your breast health?** This question is the subject of "Better Breast Health – for Life!<sup>™</sup>". The title itself conveys two messages. The first suggests that better breast health supports life. The second suggests that better breast health is a journey... one that lasts a lifetime.
- It is our genuine intention that **as you experience this material you feel energized and empowered** to take charge of more of the risk factors for which you have some control. While it may not be practical or possible to manage all of the factors in your life, reducing just one influential factor may have positive and long-lasting effects.
- **Part One** explores how breast cancer develops and the methods and importance of early detection. **Part Two** explains the risk factors that contribute most to the disease by category: genetic, estrogenic, environmental, health & lifestyle, and dietary, and what you can do to reduce these risk factors in your life.
- **Part Three** reveals a method to assess the collective effect of risk factors on your current breast health – breast thermography. **Part Four** includes the personal journeys of three women in breast health, and additional and on-line breast health resources and reference materials.
- **Also included** with this material is a 30 minute audio CD, complete with worksheets. With these, you can attend our "**Better Breast Health – for Life!<sup>™</sup> Workshop** – without leaving home!
- We encourage you to complete the workshop and "**Risk Factors Worksheet**" before reviewing the book. Doing so will enable you to identify and prioritize the risk factors present in your life. Then you can focus on your highest priorities, learning how to impact them by referring to the contents of the book. Afterwards, you can use the "**Actions Checklist**" to record and track the action steps you have selected for yourself on your journey to better breast health - for life!