

BREAST CANCER PREVENTION

Practical Ways of Lowering Your Breast Cancer Risk

From

**Unleash Your God-Given Healing:
Eight Steps to Prevent and Survive Cancer**

By

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1. Hydrate properly each day. Drink half your body's weight in fluid ounces as a minimum. Increase if sick, extreme warm temperatures, after sweating, and if traveling to higher altitudes.
2. Keep vitamin D3 levels in the 70-90 ng/ml range. You can check these levels by asking your doctor to do a Vitamin D 25 Hydroxy Blood Test.
3. Have your thyroid levels checked. Use a kelp or iodine supplement to keep your thyroid working properly.
4. Self-check your breasts monthly. Realize that mammograms can miss some tumors in women with dense breasts.
5. Schedule yearly medical screenings: mammogram, thermogram, or HerScan ultrasound, or alternate.
6. Avoid using plastic bottles, cans lined with estrogen, and dairy and meat products containing estrogen and xenoestrogens.
7. Eat organic fruits and vegetables unless one of the [Clean Fifteen](#).
8. Replace common body care products with coconut oil and products made without chemicals and hormone disruptors.
9. Monitor your blood sugar levels. Your A1C should be below 5.7.
10. Exercise and monitor your body weight and stress levels. Estrogen stores in fats cells and stress increases cortisol levels which also increases estrogen.

11. Consider wearing a non-constricting sports bra made from natural fibers, thus allowing your breasts to breathe. Avoid sleeping in your bra at night. Limit the time you wear a bra to no more than 12 hours per day.
12. Increase your intake of cruciferous vegetables (broccoli, brussel sprouts, kale, cauliflower, arugula, cabbage, etc.) daily or use diindolylmethane (DIM) to help your body neutralize reactive estrogen metabolites.
13. Consider drinking my **Banana Chocolate Blueberry Smoothie** or a variation that contains 2 cups of cruciferous vegetables and ground flax seeds.
14. Exercise daily to keep your lymphatic system working properly.
15. Ask your doctor or radiologist if you have dense breasts. If you have dense breasts, insist on a 3D mammogram or ultrasound.
16. Use 1-2 tablespoons of freshly ground flaxseed as fiber daily (can be in smoothie). You can use a small coffee grinder to grind the seeds.

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Banana Chocolate Blueberry Smoothie for 2

- 1 banana
- 1/4 bar 100% cacao bar broken into pieces (2 ounces) Or 1/4 cup of raw unsweetened organic cacao powder
- 1 scoop chocolate bone broth protein (Stevia sweetened by Organixx or Ancient Nutrition)
- 2 tbsp. ground flax seeds (grind daily in small coffee grinder for potency and fiber for the day)
- 1 tbsp. flax seed oil or avocado chunk or coconut oil (helps the absorption of fruit and vegetable nutrients)

1 cup almond milk, coconut milk or water (if reducing calories)
½ cup unsweetened plain yogurt or coconut yogurt
1- 2 cups organic spinach, kale or other dark green leaves
1-2 cups frozen organic blueberries (Costco wild blueberries are best)

Further Instructions:

For diabetics, I would use a green banana, but since this recipe is for 2 people and is mixed with protein, fiber and fat, your blood sugar should remain stable. But, if you have active cancer, then skip the banana.

I get my raw organic, unprocessed chocolate from Santa Barbara Chocolate and I buy in bulk. You can use powdered, raw and unprocessed dark chocolate from Costco, health food stores or Trader Joe's until you see if this is something you want to do daily or several times a week.

It's important to grind the flax seeds daily to enhance potency. I buy mine at Whole Foods in the bulk area for \$2.50 a pound (so reasonable). Just find a small coffee bean grinder and use that to grind daily.

I usually use the frozen avocado pieces by Welches. Sometimes I use the coconut oil which is also rich on lauric acid and has many benefits for your brain.

I prefer the coconut milk, but make sure whether almond or coconut that it is unsweetened. You can use water if reducing calories.

I also prefer the coconut yogurt that is unsweetened. This is important for your gut and immune system.

I like to rotate my greens. Some days I use the power greens from Costco, and other days I rotate between arugula, spinach, chard or kale.

Add the wet ingredients and fruits first. If blender has trouble, add more water or one of the milks.

**This smoothie is brain boosting, immune building, estrogen reducing, and also lowers your risk for cancer, Alzheimer's disease and heart disease.