

prevention: 10 ways to reduce your risk

1 Drink green tea.

A number of studies have suggested that the antioxidant and anti-inflammatory powers of green tea may help prevent numerous cancers, including breast cancer. You'll need about five cups a day to get the effects.

Supplement.

Take Brevail: This all-natural capsule is high in lignans, which are phytochemicals found in grains, legumes, and produce that are known to be protective against breast cancer in over a dozen ways; find a retailer at brevail.com.



2 Choose organic meats and dairy.

Eating products from cows given bovine growth hormone may result in elevated levels of IGF-1 (insulin-like growth factor), which stimulates breast tumors in pre-menopausal women. Fatty red meats generally store the most toxins.

3 Step away from the smokers.

Researchers at the Public Health Agency of Canada found that pre-menopausal women who were nonsmokers but were exposed to smoke from co-workers or family members had a 68 percent greater risk of breast cancer.

4 Eat your broccoli.

And your cauliflower, Brussels sprouts, kale, and cabbage. These cruciferous veggies are rich in indole-3 carbinol, which offers a number of protections against breast cancer. Get at least four servings a week.



5 Taper off the alcohol.

Moderate imbibing, especially of red wine, can have many health benefits. Yet data from the Nurses' Health Study show that drinking small amounts of wine or beer daily elevates breast-cancer risk in post-menopausal women.



6 Block that estrogen.

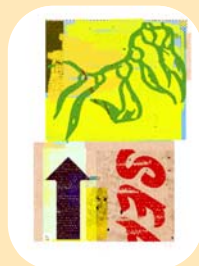
Turmeric regulates estrogen receptors, and helps the body eliminate carcinogens. Add 1/4 to 1/3 teaspoon per person to dishes at the end of cooking, says Christine Horner, M.D. This Indian spice also enhances soy's estrogen-blocking properties.

7 Get windblown.

Electromagnetic frequencies have been linked to breast cancer—and hair dryers are the No. 1 culprit. One brand, Angelite, emits reduced levels of EMFs; find it at lowemfs.com.

8 Scrounge up some seaweed.

In a recent animal study published in the *Journal of Nutrition*, researchers found that 35 to 70 milligrams of bladderwrack seaweed daily lowered estrogen levels up to 25 percent.



9 Sleep on it.

Night workers have more risk of breast cancer, possibly due to disrupted melatonin and cortisol cycles. Melatonin slows estrogen production, and cortisol regulates some anti-cancer cells. Sleeping from 10 p.m. to 6 a.m. is optimal.

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