**Tip of the Month from Your Health & Wellness Committee**

**7 Things You Need to Know About Breast Cancer Prevention**

Benjamin Franklin’s old saying, “An ounce of prevention is worth a pound of cure” is never more appropriate than when it comes to breast cancer prevention. According to the American Institute for Cancer Research, at least 33 percent of breast cancer is preventable. Many natural health practitioners suspect that percentage is actually much higher. By simply adopting healthy lifestyle practices, it is estimated that you can bring that breast cancer prevention figure closer to 50 percent.

It is crucial to learn the things that can put women at higher risk for breast cancer. Not only do you want to avoid these risk factors, but also teach your daughters (and sisters and friends) about them.

1. Better Nutrition Comes from Whole Foods and Organic Foods
2. Avoid Toxic Cosmetics and Personal Care Products
3. Move Your Body – Exercise is Important
4. Keep Your Cell Phone Away from Your Body and Out of Your Bra
5. Use Meditation or Other Relaxation Techniques
6. Don’t Smoke and Don’t Drink Alcohol (or Keep it to a Minimum)
7. Avoid Birth Control Pills

Simply understanding the factors that puts women at a higher risk for breast cancer is not enough. Each one of us has our own responsibility to be properly informed about breast cancer prevention and websites such as [www.thetruthaboutcancer.com](http://www.thetruthaboutcancer.com) will give you trustworthy and accurate information you can follow. It’s now up to you to take the necessary steps… both for your sake and for the women you love.

*Written by Marnie Clark*