



Balance Your Hormones and Reduce Your Risks of Breast Cancer...

By Jen Beck, Advanced Wellness

An ounce of prevention is better than a pound of cure. This is a phrase most of us have heard many, many times in our lives. It is especially true when it comes to breast cancer.

Cancer risks have been linked directly to our lifestyle choices. Thus when we make healthier choices on a daily basis, we have the ability to decrease our risks. Although early detection is key in beating cancer once we have it, it does not have much to do with preventing it.

For decades now we have been preached to about getting mammograms every year from the age of 40 to aid in early detection. However

there has been very little public discussion about the potential harm in getting a mammogram each year. The National Cancer Institute of the NIH says this about it: **“Radiation exposure.** Mammograms require very small doses of radiation. The risk of harm from this radiation exposure is extremely low, but repeated x-rays have the potential to cause cancer. The benefits of mammography, however, nearly always outweigh the potential harm from the radiation exposure. Nevertheless, women should talk with their health care providers about the need for each x-

ray. In addition, they should always let their health care provider and the x-ray technician know if there is any possibility that they are pregnant, because radiation can harm a growing fetus.”

There are other ways to look for potential damage and breast cancer without the harmful radiation that can potentially raise our risks of developing cancer like a mammogram can. Personally I would opt for having a thermography scan done that does not use radiation, but instead uses heat and looks at the vascular system. This double scan provides images read by a thermologist trained to look for regularities. If there were something of a concern I would then go to an Integrative Medicine doc to discuss my concerns, knowing that they will take more of a holistic approach.

One of the most impactful things you can do to *dramatically decrease your risks of cancer is to get and keep your hormones in check.*

So let's talk about the small things we can do today to stabilize our hormones and decrease our risks of developing breast cancer.

Ready? First things first. We need to take a good close look at our diet. Ask yourself this:

- Is it filled with a lot of carbohydrates?
- Do you eat a lot of junk foods?





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- Do you consume any Transfats and High Fructose Corn Syrup?
- Do you eat processed vegetable oils like soybean, cottonseed, corn and canola oils?
- How many stimulants do you consume throughout the day?
- Do you eat soy?

If you answered yes to any of these questions, it is not something to beat yourself up about. It simply means that there is room for improvement in your diet.

There are a few keys that we need to implement in our diet to maintain the delicate balance of our hormones.

1. **Eat meals/snacks per day consisting of whole foods.** If you are not familiar with the term “whole foods”, simply think of eating foods in the form closest to how God put them on the earth. For example, eat an apple versus drinking apple juice. Or if you are going to drink apple juice, make sure it the label reads, “made with real apples” and NOT “water, reconstituted apple juice made from concentrate, high fructose corn syrup, yellow #5 and citric acid to protect freshness”.
2. **Eat 60-90 grams of lean (Hormone-Free) protein per day.** Hormone free is the key here! If we are not eating organic, or (at the very least) hormone free meats, we are absorbing all of the hormones the farmers feed the animals to help them grow and develop faster.

These hormones are then deposited into the fat and muscle tissue in the meat products we eat, whether it is a chicken breast, steak, hamburger or heaven forbid chicken nuggets, Farm Raised fish, or any other animal that is conventionally raised. This can also be true for turkeys, bison, and others. When we eat these animals, those hormones in their fat and muscle tissue are ingested and absorbed by us, then stored in *our* fat and muscle tissues. The more hormones we have in our body, the harder it is for the body to regulate them.

This is a big reason we are seeing girls developing so much younger. I have clients whose daughters have started menstruating by the age of 9 and their doctors link it directly to the amount of beef and milk they were consuming, specifically because of the hormonal impact. It was not a surprise considering the mother had been suffering from debilitating endometriosis for years. (Remember, very, very few restaurants are going to invest in your health and use organic/hormone free meats, so try to cook at home as much as possible. And, fast food is typically the biggest offender.)



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And it is not just the meat itself that is bad, but the products made from them like eggs, milk, cheese, ice cream, cottage cheese, etc. All of these should absolutely be purchased organic.

3. **Eat HEALTHY Fats with each meal and snack.** When we went through the Low Fat/NoFat craze in the 80's as a country, we also experienced the greatest amount of weight gain as a country. This is again an example of our society taking things to the extremes. It is important to eat small amounts of fat instead of large amounts, but there is also a consideration for the "healthy fats" compared to the "bad fats".

Most people simply look at all fats as bad, so they shop for "low-fat" foods. This is the wrong approach. We need fats in our diet to stabilize our blood sugar and other hormonal levels, keep our HDL regulated, make up our eye and brain tissue, keep our cardiovascular system healthy and strong. Does it sound to you like we need some good fats in our diets? Absolutely, just the right ones! Things like olive oil, avocados, natural nuts & seeds, etc.

Avoid Salad dressings and other condiments that contain soybean oil, cottonseed oil, corn oil or canola oil.

All these oils are processed and dangerous for your body. The processing of them can also impact the regulation of your hormones. Choose olive oil & vinegar, salsa, lemon juice or extra veggies like tomatoes as a better choice. Raw cheese also makes a nice addition to a homemade salad.

4. **Focus on eating vegetables as your main source of carbohydrates.** Too many of the carbohydrates that we



consume today are from genetically modified crops like corn and wheat. On

top of being GMO, they are very heavily processed, thus removing most of the benefits to eating them in the first place, not to mention the toxic oils and other additives added to make up our breads, pasta box meals, cereals, etc. If you are going to eat grains, I recommend Quinoa and old-fashioned brown rice (not instant). They are delicious and much more nutritious.

5. **Decrease Stimulants.** Cut down on coffee, black tea, sugary soft drinks, and milk chocolate. All of these have a negative impact on your hormonal system and can greatly impact a woman



during her menopausal years, especially increasing hot flashes. Opt for pure water instead! Your body will thank you for it many times over.

- 6. Choose Natural Cooking.** Cooking “naturally” allows you to maintain maximum nutrient density in the foods you are eating. Choose low temperature cooking, medium or lower heat for stove-top and 350 degrees for baking.

Also 2 other very important keys to cooking naturally:

- a. Avoid Microwaves
- b. Avoid Plastic

NEVER combine the two!

For an in depth understanding, check out this article from Health Level UP

<http://rayshealth.com/plastic-containers-bottled-water-estrogen>

- 7. Plants & Herbs** – There are many types of herbs and several in particular that are incredible for maintaining hormonal balance and health. This is a much safer route than the pill, HRT (Hormone Replacement Therapy) or bio-identical hormones to balance hormones and provide relief from symptoms.

- a. Don Gui and Rehmannia – support healthy circulation and menstruation

- b. Ligusticum – encourages a healthy easy transition through monthly cycle or menopause
- c. Pearl Powder, Royal Jelly, Fo Ti, Black Cohosh, Red Clover and White Peony are all recognized by experts to effectively support and balance women’s hormonal systems
- d. Vitamin B6 and Magnesium – essential stress nutrients, combined to support women’s mental and physical health through all phases of life.

All of these beneficial herbs can be found synergistically combined in Symmetry’s *Female Balance*. (I have had some husband’s say this is a marriage saver because of its PMS benefits) For more information visit:

<http://www.advancedwellnesscoaching.com/hormonalsupport>

These are all baby steps you can take to up level your health and regulate your hormones. Every small baby step combines with the next.

This ultimately transforms your health helping you to feel fantastic each and every day, while extending the years in your life and pumping life back into your years!



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As a Registered Nutrition Consultant and CEO of Advanced Wellness, Jen Beck blows the lid off of healthy myths that keep you stuck on the diet and exercise rollercoaster. She turbocharges your transformation with real

strategies that work for permanent, lasting weight loss and energy gain...without gimmicks, tricks or fads.

Jen is a Registered Nutrition Consultant with a certification from the School of Nutritional Sciences in California and a Certified Corporate Health Coach from the United States Wellness Chamber.

She is dedicated to helping you understand what it takes to create true health-not just the absence of sickness, but true vibrant, energetic, aliveness.

Through her work at Advanced Wellness, Jen has helped hundreds of women get off the diet roller coaster by learning how to eat for their specific Metabolic Design instead of grasping at every fad diet that comes along. Her simple and powerful system teaches busy women how to plan their food and how to implement those plans despite the roadblocks that inevitably appear. The result? Weight loss, lower risk of disease, and elimination of the need for medications--plus greatly increased energy and vitality.

Today Jen spends her time speaking, writing, developing the Advanced Wellness Coaching organization, and personally coaching a handful of clients. She is available to provide keynotes, lunch & learns as well as full-scale wellness programs for corporations.

For more information visit www.AdvancedWellnessCoaching.com or you can schedule your complimentary 30 minute Health Breakthrough Session by calling 513-407-5775 or emailing jennifer@advancedwellnesscoaching.com.