

Actions Checklist - check the box that corresponds to your intended action steps.

To Begin	<input type="checkbox"/> <input type="checkbox"/>	complete the Better Breast Health - <i>for Life!</i> ™ Workshop and Worksheet acquire initial thermal imaging risk assessment with estrogen evaluation
Genetics & Estrogen	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	obtain qualified health provider(s) for consultation reshape body to approach a waist to hip ratio less than .81 lose weight to approach a Body Mass Index under 25 maintain hormones in proper balance maintain healthy estrogen metabolism
Environment	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	obtain qualified health provider(s) for consultation reduce/limit toxin or carcinogen exposure, i.e agricultural and petro-chemicals focus on hormone-free, chemical-free organic meats, dairy, and produce drink 1/2 to 1 ounce of <i>pure</i> water per pound of body weight each day reduce/limit pollutant or chemical exposure, i.e. non-natural personal products use proper plastics when glass, ceramics, or stainless steel aren't an option avoid radiation exposure to breasts if age 8-20 years old reduce/limit high-powered EMF (electromagnetic frequency) exposure replace Smart Meters with analog meters reduce exposure to household EMF by staying 28" away from electric sources
Health & Lifestyle	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	reduce exposure to cell phone and electrical pollution obtain qualified health provider(s) for consultation maintain regular sleep patterns and proper melatonin levels reduce smoking of tobacco reduce alcohol consumption and/or support it with a liver-supporting regimen drink 1/2 to 1 ounce of <i>pure</i> water per pound of body weight each day acquire sufficient sunlight and maintain proper vitamin D levels resolve deep, long-lasting emotional trauma/stress and grief reduce/resolve daily stress levels wear bras that are professionally "fitted" to the breasts support lymph fluid circulation maintain moderate exercise levels cleanse bodily systems, i.e. colon, liver, lymph reduce chronic inflammation address opportunities to reduce or complement medication or drug use address mercury or heavy metal issues maintain proper iodine levels and thyroid function
Diet	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	obtain qualified health provider(s) for consultation focus on hormone-free, chemical-free organic meats, dairy, and produce maintain healthy alkaline and acidic food proportions increase daily servings of fresh fruits and vegetables, approaching 9 servings focus on eating more raw and/or gently cooked foods for their enzyme value eat more sprouted nuts, grains, and seeds eat only high-quality, organic and natural whole-food sources of soy maintain adequate levels of friendly bacteria in the intestines maintain adequate fiber intake, near 30g per day focus on eating more organic, monounsaturated fats than any other forms of fats approach an Omega 6:Omega 3 ratio towards 1:1 maintain a diet of healthy glycemic values and loads maintain adequate daily nutritional supplementation employ optimal cooking methods
Monitor Your Results	<input type="checkbox"/> <input type="checkbox"/>	monitor the effects of your actions with sequential thermal imaging - is each breast's risk rating improving? - what is the level of estrogen stimulation? consult and strategize with your qualified healthcare provider(s) regarding additional opportunities to support Better Breast Health - <i>for Life!</i> ™