



BREAST HEALTH SELF-CARE

Your breasts are one of the most vulnerable parts of your body. They reflect your current status of health and are a barometer of your self-care.

At HealingSpace Medical Center, we meet your needs with follow-up appointments and suggestions for you to achieve optimal body health.

For Congestion and Inflammation:

1. Dry Brushing*
2. Aluminum-Free Deodorant*
3. Lymphatic Drainage Massage (MLD)
4. Topical Anti-Inflammatory Creams*
5. Rebounder

Detoxification:

1. Hydration
2. Liver Detox*
3. MLD
4. Rebounder
5. GI Detox and Gut Repair*
6. Special Treatments: Infrared Sauna

Diet Considerations:

1. Reduce or eliminate alcohol
2. Fresh, organic, nutrient-rich foods
3. Juicing
4. Eliminate soft drinks--especially diet
5. Regulate coffee intake

Supplements:

1. Immune system boosting*
2. Replenishing deficiencies*

*Available at HealingSpace Medical Center

OTHER RESOURCES

Sleep and Adrenals: Melatonin and Adrenal supporting supplements*

Mental Health: Meditation (*Meditations* by Dr. Marilyn Mitchell CD*)

Mindful Exercise: Yoga and Tai Chi

Inspiration: What makes your heart sing?

Further Reading: *Radical Remission* by Kelly Turner

Dying to be Me by Anita Moorjani

Crazy Sexy Cancer Survivor and *Crazy Sexy Diet* by Kris Carr