



Breast Cancer Prevention: Overview

Treatment target	Nutrition	Diet/Lifestyle	Medicinal plants	Dietary supplement	Medications
low insulin levels/muscle build up	low "sugar index"	Movement Oat days	Bryophyllum Rosemary Psyllium(Metamucil) Avena sativa	Myo-Inositol(Clavella)	Metformin
Compensation for vitamine D deficiency		Daily. 10min sun			Vitamin-D
harmonic menstrual bleeding			Monk's Pepper Rhapontic rhubarb (femiloges®)	Iodine and Selenium Red clover-Isoflavone	Euthyrox
rare menstrual bleeding		early pregnancy often long breastfeeding times			Long-cycle anti-baby pills
natural hormone replacement			Rhapontic rhubarb (femiloges®) Red clover-Isoflavone		
Inhibition of malignant cell growth	low consumption of alcohol and nicotine rarely consumes red meat and cow's milk	Preferential of soy products, fish and light meat, e.g. Poulet	Aspidium/Salix comp Borago comp.	Selenium Multivitamins Red clover-Isoflavone Omega-3 fatty acids	low-dose Aspirin (ASS cardio)