



Breast cancer: Prevention is also possible through nutrition:

**Diet and/or dietary supplement
Checklist "Preventing Breast Cancer"**

Japanese women are much less likely to develop breast cancer (and diabetes) than women in the US and Europe

But with changes in Japan's lifestyle, the rate of breast cancer increases there as well. These include, rarer and later pregnancies, decline in breastfeeding, "westernization" of the traditional diet. The traditional diet is based on isoflavone-containing soy and fish as suppliers of protein. Frequent consumption of red meat, on the other hand, seems to be linked to an increase in the likelihood of breast cancer.

Iodine and selenium protect the thyroid gland

The thyroid gland has a central control function for the female cycle. Thus, a well-adjusted thyroid gland is of particular importance in terms of protection against breast cancers. Works the thyroid gland normally protect iodine and selenium from the development of diseases of the thyroid gland.

A well-functioning or well-adjusted thyroid gland also appears to protect against breast cancer

Mastopathy, i.e. a very dense and knotty glandular tissue, is also a risk factor for breast cancer. The Iodine Deficiency Working Group reports on its website that the taking of Iodine - as in Asian women with traditional diets - appears to be pre-mastopathy and breast cancer.

Checklist "Preventing Breast Cancer"

- | | | |
|--|------------------------------|-----------------------------|
| Do I have too high insulin values (done an insulin test?) | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Do I exercise for half an hour a day? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Is my fitness level known (bioimpedance analysis)? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Do I know my vitamin D level? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Do I take vitamin D under medical supervision? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Is my thyroid well adjusted? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Do I take iodine and selenium as a preventive measure for the thyroid gland? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| If I take anti baby pills: do I use "long-term contraception"? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Desire to have children / irregular menstruation / breast tenderness: | | |
| do I take monk's pepper? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Menopause or symptoms / not using hormones: | | |
| herbal, anthroposophic or homeopathic therapy? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Do I take isoflavones from soy or red clover? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Do I take omega-3 fatty acids (salmon oil) on days without a fish meal? | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Increased alcohol or nicotine consumption? | <input type="checkbox"/> yes | <input type="checkbox"/> no |