

ESTROGEN AND BREAST HEALTH

FOODS THAT INCREASE ESTROGEN

They contain large amounts of phytoestrogens:

- **Soy:** tofu, soybeans, edamame
- **Nuts and seeds:** flaxseeds, cashews, walnuts
- **Grains:** barley, millet, oats
- **Vegetables:** broccoli, cabbage, kale
- **Fruits:** apricots, strawberries, kiwis



to  estrogen:

- diet
- exercise
- reduce alcohol
- no smoking

Questions?

@DRLAURENKOPICKY



Safe Estrogen Reduce Your Breast Cancer Risk By 9

Tara Parker-Pope



Safe Estrogen Reduce Your Breast Cancer Risk By 9:

The Good News About Estrogen Uzzi Reiss, 2020-03-10 The latest information about estrogen the body's enlivening powerhouse hormone Why is estrogen crucial and so misunderstood How do I know if my estrogen level is normal What is the best treatment for a hormonal imbalance How does estrogen impact my reproductive cycle Is hormone replacement therapy right for me Is it only useful at menopause How can I be my best healthiest self now and in the future Understanding estrogen its function and interplay with all your other hormones and body systems is key to a healthy vibrant life But far too many women remain unaware of the benefits of estrogen and how it can be supplemented in natural bioidentical form This book written by an expert in the field of OB GYN and integrative medicine offers an authoritative yet accessible approach to hormonal health In The Good News About Estrogen Dr Uzzi Reiss draws upon the most up to date scientific research as well as women's stories from his decades of practice to explain How hormones and your levels of estrogen change over time and what you can do to achieve balance naturally or with hormone replacement therapy HRT The good news about estrogen how it can enhance energy sexuality and memory alleviate premenstrual syndrome PMS or the side effects of menopause help fight weight gain anxiety depression and more Bioidentical hormones why they are safe and crucial to your well being at any age or stage and how to choose which treatment plan is right for you How your everyday habits what you eat drink wear and breathe can affect hormonal health and which small lifestyle changes can make a big difference Nutrition and exercise learn how each works hand in hand with hormones and can help you to achieve maximum physical and emotional fitness promote bone health prevent cardiovascular disease and boost brain power **You, God, Hormones, and Health** Judy

Ponsford, 2012-01-13 Do you get up in the morning and hit the floor eager to tackle your day or do you get up and just hit the floor Today's women live with a lot of physical and emotional stress Imagine how well you can serve God and others when you learn how to live healthy prevent disease and have energy that soars This book is filled with much needed information and practical advice that will help you see your body as a temple take charge of your health better understand your hormones other body systems and how they interrelate learn about our toxic environment and what to do to combat this problem learn how you are robbed of vital cellular energy from electromagnetic fields and how pulsating magnetic resonance therapy can help make wise decisions with your money when it comes to your health and purchasing supplements All while inspiring you to use your life experiences for spiritual growth service and encouragement to others and develop a hope within for eternity

Reduce Your Cancer Risk Barbara Boughton, Michael Stefanek, 2010-03-01 Develop your anticancer strategy Knowledge is power Knowing your cancer risk is your best weapon against cancer Co published with the American Cancer Society Reduce Your Cancer Risk Twelve Steps to a Healthier Life will help you assess your risk based on your family history genetics and environment and help you make a comprehensive action plan to lower your chances of getting cancer With an anticancer strategy in place you'll help to protect yourself against cancer and live a healthier happier life Reduce Your Cancer Risk

includes the most up to date information on Personal risk assessment Lifestyle changes Preventive health strategies Genetic counseling Preventive anti cancer medications

The Hormone Decision Tara Parker-Pope, 2007-01-09 It s the most pressing question on the minds of women at any stage of the menopausal transition Should I or shouldn t I take menopause hormones The answer is far from crystal clear Hormone drugs are the most effective therapy for easing hot flashes and other common menopause symptoms But their long term effects have been the focus of intense scrutiny and debate As the weekly consumer health columnist for The Wall Street Journal Tara Parker Pope has been an eyewitness to the growing controversy surrounding hormone therapy Her understanding of menopause research and her access to the experts behind it has given her unique insight into the complex issues surrounding hormone use In *The Hormone Decision* Parker Pope explores the scientific political and social forces that have shaped current thinking on hormone therapy And she takes you on a head to toe tour of how hormones affect every part of your body including your brain your breasts your heart your bones your vagina and even your skin As you will discover hormone therapy is not one size fits all It s as individual as your health status family history and menopause experience When you start hormone therapy and how long you use it are major factors in determining its health effects While it may raise certain risks for some women it actually may be protective for others This is why you need an independent objective resource like *The Hormone Decision* It provides the context for you to understand the research ask intelligent questions and ultimately choose whether or not hormone therapy is right for you

The Change Before the Change Laura Corio, 2013-05-22 The Essential Book for Every Woman Over 35 You re in the prime of life As far as you know menopause could be years away So why is your body sending you such weird messages Women today can t afford to lose time and energy to the common but often misdiagnosed symptoms of perimenopause from mood swings and stubborn extra pounds to hot flashes and insomnia that precede menopause by as much as a decade In this lively and solution packed book renowned ob gyn Dr Laura Corio provides all the information you need to take charge of your physical and emotional well being Hormone treatment before menopause including all the new natural and low dose forms that are making this a safe choice for more women Herbs soy and other alternative therapies that are backed by solid medical research How perimenopause affects fertility and what to do if you want to get pregnant How your skin hair and nails reflect deeper changes and how to make them vibrant again Ways to combat cancer fears and what tests you absolutely must have Whether a high protein diet is right for you and what vitamins and minerals you should be taking What to do now to protect your breasts uterus bones and heart in the years to come Diet and exercises to prevent or minimize symptoms and much more

The Anti-Breast Cancer Cookbook Julia B. Greer, MD, MPH, 2013-01-18 Breast cancer is the most common type of cancer diagnosed among women in the United States It is second only to lung cancer as a leading cause of cancer death in females The National Cancer Institute estimated that 230 480 women were diagnosed with breast cancer in the US in 2011 and 39 520 women died from it And the scary part is anyone can get cancer There is no single diet food or nutrient that will

keep you from getting cancer However in the same way that wearing a seatbelt may protect you from being injured in a car accident eating certain types of food may help to protect you from developing many cancers including breast cancer Dr Julia Greer cancer expert and author of The Anti Cancer Cookbook pulls together everything you need to know about breast cancer and the foods you should eat to protect you from developing breast cancer She shares her collection of more than 200 recipes for sauces main courses sandwiches breads desserts and beverages many of which are vegan or vegetarian and over half are gluten free All of the recipes are made from common everyday ingredients chock full of powerful antioxidants that may significantly slash your risk of developing breast cancer

Hormone Repair Manual Lara Briden ,2021-02-22 *Hormone Repair Manual* is a practical guide to feeling better in your 40s 50s and beyond It explains how to navigate the change of perimenopause and relieve symptoms with natural treatments such as diet nutritional supplements and bioidentical hormone therapy Topics include Why everything is different after second puberty How perimenopause can be a tipping point for long term health The four phases of perimenopause The role of testosterone and insulin in weight gain How to speak with your doctor about hormone therapy including natural progesterone Treatment protocols for all common perimenopause symptoms including night sweats insomnia migraines and heavy periods Risk reduction for osteoporosis heart disease and dementia Written by best selling author and naturopathic doctor Lara Briden the book is backed by evidence based research and real world patient stories Praise for *Hormone Repair Manual* The book my patients have been waiting for a science and whole woman based approach to the menopausal transition that will give women the wisdom language and practical tools to navigate menopause and unveil this time for what it really is one of the most transformative and empowering chapters of a woman s life Dr Peta Wright gynecologist and women s health advocate This lively clear and supportive book provides positive and helpful information that many women need as they approach perimenopause and beyond Jerilynn C Prior MD author of *Estrogen s Storm Season* Essential reading for all women over 40 and their doctors Dr Natasha Andreadis gynecologist and fertility specialist Evidence based natural solutions for optimizing women s health and wellbeing in their 40s 50s and beyond Dr Fatima Khan menopause specialist

The Whole-Food Guide for Breast Cancer Survivors Edward Bauman,Helayne Waldman,2012-02-02 If you re a breast cancer survivor chances are you have renewed your commitment to maintaining your good health and taking care of your body As one of the best preventative measures known to doctors and nutritionists today a robust cancer fighting diet is vital to your personal plan for breast cancer prevention The Whole Food Guide for Breast Cancer Survivors is an essential guide for every woman seeking to understand the effect of nutritional deficiencies and environmental factors on her overall health and wellness Based on Edward Bauman s groundbreaking Eating for Health model this highly comprehensive practical approach can help you reduce the chance of breast cancer recurrence rebuild your immune system and enjoy a stronger healthier body Reduce the chance of breast cancer recurrence by Incorporating cancer fighting foods into your diet Indulging in safe nontoxic cosmetics and body care

products Understanding the role of essential nutrients in maintaining your health Managing your weight and balancing your blood sugar Nourishing your immune detoxification and digestive systems **Confronting Hereditary Breast and Ovarian Cancer** Sue Friedman, Rebecca Sutphen, Kathy Steligo, 2012-03 This book defines issues facing previvors and survivors of breast and ovarian cancer Including information about genetic counseling and testing preventive surgery and fertility and family planning as well as explanations of health insurance coverage and laws protecting genetic privacy this title tackles the challenges of living in a high risk body Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estroge M.A. Wright, 2010-11-19 Feel great look great lose weight and have better sex Discover groundbreaking scientific secrets about bioidentical hormones unknown to most people including most physicians Use the guidance of hundreds of anti aging physicians and researchers to minimize and reverse aging Learn how hormonal and metabolic disturbances make you sick and fat Change your life and feel young again with the Wiley protocol Mimic the cyclic monthly hormones of a healthy 20 year old Understand imbalances in insulin adrenal thyroid growth hormone and sex hormones Find out how hormones become deficient and unbalanced especially during menopause and andropause Replace missing hormones AND minimize your cancer risk Use this book to work with a forward thinking knowledgeable physician in your area who will prescribe ALL of the bioidentical hormones that you need in the dosages and rhythms needed No other book available presents hormonal optimization in such a comprehensive and integrated manner

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