

Wellness Changer

Transforming Health and Vitality



October...

I remember when October was just about the arrival of autumn, trees changing color, and pictures in the pumpkin patch. (Picture above is 1996 with my 3 kids) Now October is also about breast health. About 1 in 8 (12%) women in the US will develop invasive breast cancer during their lifetime. This has become incredibly personal to me as I have watched in awe at the strength my sister exhibits as she fights this horrible disease. Some parts of breast cancer are out of our control, but I will discuss some of the lifestyle choices we can make that help lower our risks and help those in the midst of the battle. One of the things we can do to lower our risk of breast cancer is increase our consumption of carotenoid rich fruits and vegetables. According to the American Institute for Cancer Research the higher your carotenoid level the lower our risk for breast and other cancers. I am privileged to work with Dr. Owen Winsett, MD of the Breast Center of Austin. He has generously offered to measure your carotenoid level for free at his office during the month of October. Please contact me (925-699-8862) or the office (512-451-5788) to schedule a time to get your carotenoid score. Dr. Oz did this with his audience. <https://www.youtube.com/watch?v=pKpxWzAVcd8> I also want to encourage everyone to schedule a thermogram, mammogram (3-D if possible), or sonogram because early detection is key! See you in the office! xx -Wellness Changer



**Keep in touch
with Jeanne:**

WellnessChanger.com
Facebook - Wellness
Changer, LLC
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**Get your
Carotenoid score
free!!**

2905 San Gabriel, Suite
310 Austin, Texas
78705 925-699-8862



**Measuring your
antioxidant
carotenoid score**
[https://
www.youtube.com/
watch?
v=pKpxWzAVcd8](https://www.youtube.com/watch?v=pKpxWzAVcd8)

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NUTRITION

To lower the risk of breast cancer **increase your intake of carotenoid rich vegetables.** (What's a carotenoid? See the link below) When eating these vegetables make sure to include a healthy fat in the preparation as carotenoids are absorbed better with fat. Plus healthy fats such as flax, olive oil, and grass fed butter help with the integrity of the cell membrane and the healthy production of hormones. **Reduce the sugar in your diet.** Excessive consumption of sugar causes inflammation, and inflammation is a primary source of many of our chronic diseases including cancer.

<http://www.livescience.com/52487-carotenoids.html>

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FITNESS

Exercise at least 5 times a week for 30 minutes or more in your target heart range. Women who exercise can reduce their risk by 50%!! And those with cancer have better outcomes with regular exercise. You can always start with walking. Make sure you keep a pace where you are in your target heart range. If you don't have a heart monitor, that's when you can talk but you're breathy. Find a great gym, dance studio, meet-up group or personal trainer. Plus there are so many online workout routines, find several that you enjoy and switch it up. Cassey Ho (link below) is so encouraging you can't help but smile!

https://video.search.yahoo.com/search/video;_ylt=AwrTHRicWORVo24AdH5XNyoA;_ylu=X3oDMTEyY2x2cDU3BGNvbG8DZ3ExBHBvcwMxBH Z0aWQDQjAzNjdfMQRzZWMDc2M-?p=Cassey+Ho+of+Blogilates&fr=aaplw#

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LIFESTYLE

Reduce the stress! A chronic state of stress increases inflammation in the body and weakens the immune system. Studies show that finding a way to de-stress is critical for both reducing our risk of cancer and giving us better outcomes when we are battling this disease. Exercise is a great way to reduce stress and build serotonin (the feel good neurotransmitter). People with strong social support handle stress better, so make time to grow your relationships and encourage one another. Laughter is always good medicine! Finding a support group or therapist can be incredibly helpful as well. Deep breathing, meditation and prayer have all shown positive outcomes in reducing stress. Here's a great link with many different ideas in relaxation.

Relaxation - <http://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>