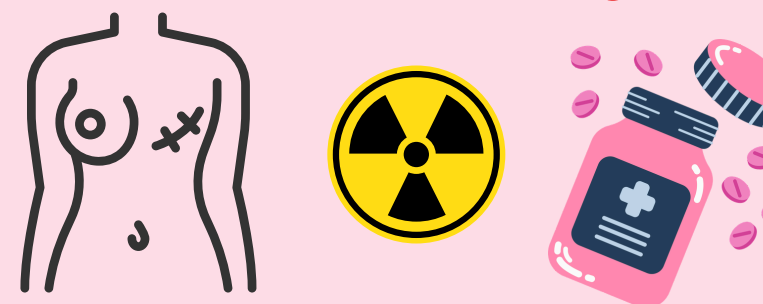


! "STAGE ZERO BREAST CANCER" EPIDEMIC OF DCIS "OVER-DIAGNOSIS"

WARNING

"OVER-TREATMENT"



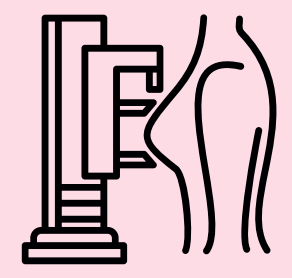
SAY YES TO HOLISTIC HEALTH



YOU KNOW YOUR BODY BEST

! SAY NO TO HARM

TOXINS



**RADIATION
COMPRESSION
PAIN
OVERDIAGNOSIS
OVERTREATMENT**

OPTING OUT... is an Informed Choice

Experts Explain the Harms of Mammograms

Donna Pinto

Free eBook

WOMEN'S WELLNESS CHECKLIST

DECREASE TOXINS & HARMS	STRENGTHEN IMMUNE SYSTEM
☒ UNDERSTAND HARMS OF SCREENING Review Screening 511. Overdiagnosis 511 ☒ INVESTIGATE IMAGING OPTIONS Review imaging options Sign petitions for insurance coverage ☒ LIMIT OR AVOID Alcohol, caffeine, sugar, meat, dairy, oils, pharmaceuticals, pesticides, canned, artificial, processed, diet or refined foods ☒ CLEAN & GROOM GREEN No parabens, phthalates, aluminum, fragrances (dirty dozen, safe products) ☒ USE SAFE COOKWARE Replace nonstick (PFCA) and aluminum w/ "green pans," ceramic, glass or cast iron ☒ ELIMINATE PLASTIC Use glass or stainless steel ☒ REDUCE EMFS Keep distance. No microwave. Use speaker. ☒ DITCH UNDERWIRE BRAS ☒ TAKE CARE OF TEETH Consult a holistic dentist. Remove silver. Floss daily. No fluoride. ☒ AVOID TOXIC RELATIONSHIPS Set boundaries. Seek counseling & support. ☒ MANAGE STRESS Yoga, meditation, nature, exercise, music, affirmations, gratitude, massage, guided imagery, mindfulness, laughter, friendships	☒ EAT HIGH QUALITY FOOD Organic/fresh/local: veggies & fruit, plant protein & healthy fat: (organic tofu, beans, whole grains, legumes, fermented food, avocado, nuts, seeds, herbs, spices. See: Holistic Health - Eat This Not That) ☒ DRINK HEALTHY BEVERAGES Filtered water w/ lemon, green/herbal tea, unsweetened non-dairy organic nut, rice, hemp, coconut milk, coconut water, kombucha ☒ EXERCISE 30 MIN EVERY DAY Walk, jog, swim, dance, yoga, hike, bike, etc. ☒ RELAX & CONNECT W/ SPIRIT Yoga, meditation, nature, exercise, music, affirmations, gratitude, laughter, friendships, imagery, mindfulness, massage, guided imagery, mindfulness, laughter, friendships ☒ MAINTAIN IDEAL WEIGHT ☒ NEVER SMOKE ☒ CREATE HAPPY RELATIONSHIPS Set boundaries. Seek counseling & support. ☒ SEEK HOLISTIC HEALTH CARE Institute for Functional Medicine ☒ MAKE SLEEP A PRIORITY ☒ BALANCE HORMONES Utilize strategies above. ☒ MORE INFO/SUPPORT GROUP Institute of Biomedical Medicine DCIS 511. DCIS is Not Cancer

donna@givewellness.life www.givewellness.life 858-531-8631

MIND-BODY-SPIRIT



FOOD AS MEDICINE



PINK-WASHING!

CELEBRITY STORIES!

early detection Saves Lives

BREAST CANCER AWARENESS

ABUS? QT?



CHECKLIST

Safe Screening Options

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