

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

WARNING

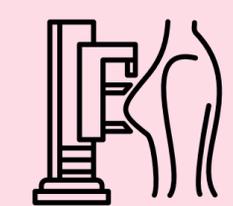
"OVER-TREATMENT"



SAY YES TO HOLISTIC HEALTH



! SAY NO TO HARMES



**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 |
|--|---|
| <ul style="list-style-type: none"> <input checked="" type="checkbox"/> UNDERSTAND HARMS OF SCREENING <input checked="" type="checkbox"/> REVIEW SCREENING 511. Overdiagnosis 511 <input checked="" type="checkbox"/> INVESTIGATE IMAGING OPTIONS <input checked="" type="checkbox"/> REVIEW IMAGING OPTIONS <input checked="" type="checkbox"/> SIGN UP/ASK FOR insurance coverage <input checked="" type="checkbox"/> LIMIT OR AVOID Alcohol, caffeine, sugar, meat, dairy, oils, pharmaceuticals, pesticides, canned, artificial, processed, diet or refined foods <input checked="" type="checkbox"/> CLEAN & GROOM GREEN No parabens, phthalates, aluminum, emg.org (dirty dozen, safe products) <input checked="" type="checkbox"/> USE SAFE COOKWARE Replace nonstick (PFDA) and aluminum w/ "green pans," ceramic, glass or cast iron <input checked="" type="checkbox"/> ELIMINATE PLASTIC Use glass or stainless steel <input checked="" type="checkbox"/> REDUCE EMFS Keep distance. No microwave. Use speaker. <input checked="" type="checkbox"/> DITCH UNDERWIRE BRAS Keep distance. No microwave. Use speaker. <input checked="" type="checkbox"/> TAKE CARE OF TEETH Consult a holistic dentist. Remove silver. Floss daily. No fluoride. <input checked="" type="checkbox"/> AVOID TOXIC RELATIONSHIPS Set boundaries. Seek counseling & support. <input checked="" type="checkbox"/> MANAGE STRESS Yoga, meditation, nature, exercise, music, affirmations, gratitude, massage, guided imagery, mindfulness, laughter, friendships | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> EAT HIGH QUALITY FOOD Organic/fresh/local: veggies & fruit, plant protein & healthy fat: (organic tofu, beans, whole grains, legumes, fermented food, avocados, nuts, seeds herbs, spices See: Holistic Health - Eat This Not That <input checked="" type="checkbox"/> DRINK HEALTHY BEVERAGES Filtered water w/ lemon, green/herbal tea, unsweetened non-dairy organic milk, rice, hemp, coconut milk, coconut water, kombucha <input checked="" type="checkbox"/> EXERCISE 30 MIN EVERY DAY Walk, jog, swim, dance, yoga, hike, bike, etc. <input checked="" type="checkbox"/> RELAX & CONNECT W/SPIRIT Yoga, meditation, nature, exercise, music, affirmations, gratitude, laughter, friendships, guided imagery, mindfulness, massage, support. <input checked="" type="checkbox"/> MAINTAIN IDEAL WEIGHT <input checked="" type="checkbox"/> NEVER SMOKE <input checked="" type="checkbox"/> CREATE HAPPY RELATIONSHIPS Set boundaries. Seek counseling & support. <input checked="" type="checkbox"/> SEEK HOLISTIC HEALTH CARE Institute for Functional Medicine <input checked="" type="checkbox"/> MAKE SLEEP A PRIORITY <input checked="" type="checkbox"/> BALANCE HORMONES Utilize strategies above. <input checked="" type="checkbox"/> MORE INFO/SUPPORT GROUP Institute of Biomedical Medicine DCIS 511. DCIS is Not Cancer |

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MIND-BODY-SPIRIT



PINK-WASHING!

CELEBRITY STORIES!

early detection saves lives

BREAST CANCER AWARENESS



**ABUS?
 QT?**

CHECKLIST
Safe Screening Options

WWW.GIVEWELLNESS.LIFE



FOOD AS MEDICINE