

Breast Cancer BOOT CAMP



Welcome to Breast Cancer Boot Camp Book Club

The book club that gets you results!

Breast Cancer Boot Camp Book Club Guide:

First rule: Have fun and laugh often. Healthy, happy people don't get sick as much as people, who are stressed, overworked and tired. Follow the *1/4 rule*: be good most of the time, but remember, life is about balance and meant to be enjoyed. You get to cheat a quarter of the time, so treat yourself! This boot camp may be difficult at times, but you are surrounding yourself with like-minded women who will cheer each other on. So when it gets tough, call in the troops for support. This is the purpose of Breast Cancer Boot Camp Book Club!

Invite your friends. BC3 is for ALL women, young and old. This boot camp is also for overall health and can be implemented for the ENTIRE family. Invite everyone you think would be interested... the more the merrier!

First Meeting:

Serve a creative organic coffee, tea, or wine, and then make a toast! Just showing up is the hardest part! "To friends, health and fun!"

Name your unit. Pick a creative or amusing name for your Unit. It could be your name, location, organization, or a play off words.

Pick a Drill Sergeant. This woman should be a Type A personality. Your unit will appreciate someone who is organized and can keep the troops in line. This woman may have to be reminded to have fun, so be a good comrade and keep an eye on her.

Pick book club days. Book club should meet a minimum of 2 times a month for an hour to keep troops on schedule.

Assign treat weeks. Have a revolving schedule for each woman to bring an organic appetizer or treat and another for organic drinks. Remember boot camp rule, if drinking sugar - wine or juice, or eating sugar, be sure to complement with fat and protein, organic cheese or meat plate.

Finally... facebook and instagram! Show off your progress or make much needed suggestions on tee shirts revolution facebook and instagram pages. This will inspire other units; that's what it's all about, sharing, education and support!

Suggested discussion points and exercises for next meetings:

It's up to your unit, but here are a few examples to follow. Most suggestions will have a section to read, either assign this for next week's book club or read together at book club and make sure everyone understands.

Hormones! We have been lied to for so long that we are all programmed to believe estrogen is good for us. 43 years of evidence and 400 thermogram images supplied in BCBC will show that estrogen supplementation is harmful. PMS and symptoms of menopause are NOT normal. Read chapter 7 "Breast Canswers to Estrogen Lies." Use book club to re-educate yourself, friends and family. Book club is where you get to vent your frustration, discuss issues and make positive changes with friends. Use book club to discuss how to reverse these symptoms and reduce risk for you and your family. Follow the book and "Breast Health Tips" download (available at www.mypinkimage.com) for hormone balance!

Try to find a certified breast thermography clinic. For all certified clinics go to our website, www.womensacademyofbreastthermography.com. Your certified breast thermogram will determine your risk. If no clinic is available, absolutely NO WORRIES, this is why I wrote the book. Most women are "at risk" so just follow the BCBC.

Try to find a holistic physician. Look for a holistic physician (Chinese physician, acupuncturist, herbalist, Ayurvedic physician or homeopathic) that comes HIGHLY recommended and most importantly is estrogen free! They can assist book club members with hormone issues, digestive issues and overall health. Avoid physicians wanting to sell you supplements; this includes non-customized herbal formulas (especially pill form) and whole food supplements that contain preservatives. Herbal formulas should be customized FOR each individual and in raw or granular form for best results. Read chapter 9 and Holistic Physician section in chapter 12.

Digestion. All of you need to be sure you don't have digestive issues and that you are absorbing nutrients from food. Read this section, chapter 12, and take the next few weeks to make sure all of you correct your digestion, if needed.

Progesterone. Check hormone levels and risk with certified breast thermography. If you do not have a certified clinic near you do not rely ONLY on blood work as it is unreliable. Read why blood work is unreliable in chapter 7. Take all blood work with a grain of salt. If you experience PMS or have symptoms of menopause, then you are probably imbalanced. Women who are hormone balanced do not experience any side effects of excess estrogen. Read other symptoms of excess estrogen on page 83. If you are using any estrogen products: flax, soy, bio-identical estrogen, black cohosh, evening primrose or red clover, you probably are imbalanced and have a progesterone deficiency. You will have side effects when removing estrogen. Read chapter 7 for Breast Canswers.

It is best to get a prescription for compounded progesterone from your nurse practitioner or doctor and have it filled at a compounding pharmacy.

Read what forms of progesterone to avoid and why, chapter 9. I did a yearlong study on Emerita's Pro-gest. It is an over the counter 1%, but is effective. Apply a dime-nickel size, depending on breast size, everyday to both breasts. Read why to ONLY apply to the breasts, chapter 9. Apply daily.

If your breasts become tender or swollen when using progesterone cream then it means there is estrogen in the cream also; stop use immediately! Find another progesterone cream.

Use progesterone alone; do not add any other hormones to cream.

Reduce use, but do not stop, when your PMS or symptoms of menopause have resolved or your thermogram is non-vascular. Due to environmental estrogens most women may have to use progesterone sparingly for the rest of their lives.

Clean out house or work place of estrogen. This may take a few weeks, so divide it up by kitchen, bathroom and work place.

Remove all household and body products that are NOT organic or petro-chemical free. Read chapter 6 or 12 for list. Use a marker or a sticker and mark each product when it is finished and buy an organic or petro-chemical free product to replace it. Replacing body products is very important, don't overlook this step. All of our soaps get rinsed down the drains and into our ground water. The commercial grade estrogen cannot be removed by treatment and people are drinking and showering in estrogen water. Animals are also drinking and living in water we have polluted, read chapter 6. Removing these harmful products is good for the environment and your neighbors.

Remove all harmful household products from work place too.

Read all the ingredients in your cupboards and refrigerator that contains soy or flax. Put a sticker on items that contain soy and flax and replace when they are finished.

Remove all sugar and processed foods. Removing sugar and processed products from your diet will take time. Avoiding grains is difficult for many women, so start slow. Make a schedule with book club that all women can follow. For example, remove all grains and processed foods from breakfast for a determined amount of days, and then add lunch, then dinner. Come up with a process that is slow and gentle that all can follow. Do this with the entire family. Read more in "Nutrition" section chapter 12. For recipes go to www.marksdailyapple.com. Avoid estrogen foods that may be on this website. Remember, you do get to treat yourself occasionally so don't stress out, ENJOY!

When using sugar, use organic sugar; you don't need any sweet replacements that are currently popular, use the real thing. Grains are highly processed and are also included under sugar. They are carbohydrates which turn into sugar and cause inflammation, disease and weight gain. Grains are pasta, bread, rice, cereal, crackers and oatmeal; this includes all multi-grain and organic products too. Limit your processed foods.

Reduce use of canned food, boxed food jar/bottled food and protein shakes/bars, including organic. These foods are processed and you only want to consume whole foods.

Get iodized salt. Replace your cooking oils or margarine with organic butter or organic bacon grease. Read chapter 12 section. Replace non-organic food with organic. Read chapter 12 section "Organic Versus Non-organic", you might be surprised by some of the benefits. Avoid all diet labeled foods. These products contain artificial sweeteners that are extremely toxic. Avoid all fat-free labels. Read "Fat Doesn't Make You Fat" section chapter 12.

Create and share recipes. Be creative and share with your unit and the rest of us! I am going to select the best recipes and include picture of unit, give credit to chef and make a cookbook collection, so be sure to share on facebook! Proceeds will go to charity.

Estrogen free water. Try to find a non-additive alkaline water source that has a special filter that removes fluoride and chlorine (neurotoxins) plus medical waste. City water is unable to remove

pharmaceuticals in the water, so your family is drinking birth control pills, hormone replacement pills, Zoloft, Lipitor etc. Most bottled water, filtered water, and reverse osmosis also contain medical waste, fluoride and chlorine.

Me time. This week schedule *me time* and report back to book club what you did. If a woman wasn't able to do her *me time* help her find a solution. *Me time* may include a nap, reading a book, going to the movies - anything extra-curricular that you normally wouldn't do. *Me time* is not exercise.

Sleep. The average person needs 8-10 hours asleep. I know many of you are sleep deprived and this is not healthy. Being realistic, many of you simply don't have the time. One of your exercises is to get one full night of sleep! Make it happen. See how you feel after a restful night of sleep.

Sleep tips: Make sure your room is completely dark, drapes closed, no night light or clock lights. Try misting your pillow with lavender. No activity 20-30 minutes before bed, t.v., or reading. If you are still unable to sleep through the night, go to a holistic physician; this must be corrected since sleep is vital for optimum health.

Exercise. Read chapter 12 to make sure none of you are over exercising which will tax the adrenals. Start doing short bursts of exercise, get the heart rate going. This means sprinting, jumping jacks, jump rope or bouncing on trampoline. Do it until you are exhausted, and then do it again for a total of 10-15 minutes, 3 times a week. For weight loss 5-6 times a week. If you get lightheaded, this is too much, take it down a notch. Do not do more than 20 minutes! Make a book club a fun exercise party, go play. Try to have fun by being creative, roller skating, double dutch, diving...Make sure to get these fun pictures to facebook!

Dance more. Remember how much you used to dance? Let's do it more! Make a book club meeting a dance club. This can be done at the house or take book club out on the town. Whatever you do, just boogie! I suggest doing this every couple months!

Alright troops, this should keep you busy for a couple of months. Be sure to post your comments, pictures and suggestions so we can add to this list of survival tips.

Also, download a short version of the book, "Breast Health Tips."

Protect your tee tees become estrogen free!

Love your tee tees...love yourself.

With love,
Wendy Sellens L.Ac WABT-BTI "Prevention is the only sure cure."