

Give Breast Cancer the One-Two Punch

Written by Arizona Foothills Magazine

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The Sex Docs want you to get hands-on with breast health. While October has us thinking pink and raising awareness, breast cancer prevention is a year-round endeavor. [Dr.s Cristina Bosch](#) and [Dr. John Robinson](#) of The Hormone Zone, share their tips on integrating a balanced dose of prevention into your lifestyle.

Stay in Touch

Prevention plays a big role in your health. Whether you try a self-exam or invite your partner to get up close and personal, a monthly at-home check can greatly increase breast cancer survival rates. Cancer is an opportunistic disease and grows in environments conducive to its development. Chronic inflammation has long been linked to a predisposition for cancer, and managing inflammation is a key step to prevention. Avoiding allergens and toxins that trigger your immune system to react is one simple way to reduce your susceptibility. From shifting your diet to your at-home care products, the Sex Docs have tips to stay balanced.

Monitor Your Environment

There isn't one sure way to prevent cancer, but integrating healthy habits into your daily routine limits susceptibility. Many environmental toxins are associated with breast cancer, and some of them may already be part of your routine. From makeup to deodorant to perfume, everyday products can include common chemical ingredients that increase your body's toxic load. You can typically find non-toxic, organic personal care and beauty products at health-conscious markets or specialty shops carrying locally-made goods. As always, be sure to check those labels.

It's All About Balance

While you're going through your cabinets and checking labels, one quick-fix solution is to begin introducing anti-inflammatory supplements into a clean, well-balanced diet. The Sex Docs recommend these natural supplements to support breast health:

- Vitamin D: We all know a little sunny vitamin D is good for us, but not everyone knows that healthy blood levels of this vitamin are associated with a lowered risk for breast cancer. Vitamin D operates like a hormone in your body by stimulating and modulating the immune system.
- DIM and I3C: Di-indol Methane and Indole 3 carbinol are sourced from cruciferous vegetables and help to metabolize estrogens in a healthy, protective way. On top of that, I3C also metabolizes cancer-causing carcinogens.
- Green tea polyphenols: We've all heard about the benefits of green tea, and epigallocatechin gallate (EGCG) is a powerhouse compound. As an active component in green tea, EGCG is associated with cancer prevention and inhibiting tumor growth.
- Curcumin: One of the best anti-inflammatories known, this herbal supplement is derived from turmeric. It is widely associated with reducing the risk of breast cancer.

Healthy is a lifestyle, and making more intentional choices in your day-to-day life can make a big impact. From breast health to weight loss to sexual health the Sex Docs want you to realize your peak performance and healthiest self.

To Learn More

The Sex Docs thesexdocs.com.

Reach out to schedule an appointment with the Sex Docs. The Hormone Zone offers a comprehensive medical approach to enhancing the issues of aging.