



Your *FREE* Healthy Breast E-book

5 Top Tips For Healthier Breasts



with love from
Warrior Women Hope

Mouth-watering Recipes

How To Self Massage & Oxygenate

Easy-to-understand Anti-Cancer Scientific Data





The Top 5 Anti Cancer Tips For Healthy Breasts!

IT IS SHOCKING! That 60,000 women will be diagnosed with breast cancer in the UK **THIS YEAR ALONE** - making up 30% of all new cancer incidence. (Source: *Cancer Research 2017-2019*) Globally, it's similar; this is not easy reading but it is one of the main reasons that Warrior Women Hope is giving you this eBook.

Our breasts characterise our womanhood & are a key part of our identity and femininity. Incidence of breast cancer **increased** by **24%** between 1993 & 2018 according to *Breast Cancer UK* - they also claim that: *"a woman born after 1960, living in the UK, has an estimated 1 in 7 lifetime risk of developing breast cancer."*

I'm not saying this to scare you but it begs the question: how can there be so much progress & technological advancement in some areas... and yet we cannot bring down the incidence nor gain any purchase in the prevention of this epidemic? Especially, when there is hard evidence that shows there to have been successful cancer treatments since the 1930s - but it's hard to find. We also need to take care because it is well documented that women are often excluded from clinical trials and human research on drugs because our hormones make it difficult (*more expensive*) to show definitive causal effect and other 'desired outcomes.'

There was a time when scientific research was for the public good and not paid for by companies with vested interests: **"When big companies fund research - the truth often comes last."** This is a headline from October 2019 from *"The Conversation"* in a series of articles on *academic freedom*. By 2011, two thirds of **medical research** was funded by industries such as mining, food & beverage, & chemical - not forgetting pharmaceuticals & tech. It's even worse 13 years on!

This eBook is here to help you; with a few simple lifestyle changes you may maintain and even improve your breast health - for life - and enjoy all the resulting benefits! We hope you find inspiration and encouragement to make the small differences that can have a big impact down the line. In this eBook you will also find tasty, nutritious meals to enjoy plus verified scientific data & tips from trusted sources to help improve health and wellbeing - & especially your breasts.

Enjoy!



1. Eat Well - Delicious Beetroot Soup

Beat the ravages of time - by eating **BEETROOT**. There are some amazing health benefits:

- **LOWERS BLOOD PRESSURE** - so it helps stress levels
- **HELPS PREVENT OR IMPROVE OSTEOPOROSIS**
- **ANTIOXIDANTS HELP REPAIR DNA & MAINTAIN CELLULAR HEALTH** - essential for breast health!

Beetroot soup is not only a fabulous colour but delicious too. Try adding a (small) glug of vodka for the classic Borscht experience.



Ingredients

1. 3-4 medium (apple-sized) beetroot (about 500-600g/1lb 2oz - 1lb 5oz, grated coarsely, or chopped into small dice)
2. 500g/1lb 2oz ripe tomatoes, halved
3. 1 clove garlic, chopped roughly
4. 1 medium onion, peeled and finely chopped
5. 2 tbsp olive or sunflower oil
6. 500ml/16½fl oz good strong stock (beef is best, but chicken or vegetable will do)
7. salt and freshly ground black pepper
8. 125g/4oz real (i.e. Greek not Danish) feta cheese



Preparation

1. Place the halved tomatoes in an ovenproof dish. Throw over the garlic and drizzle over half the olive oil.
2. Roast for 25-30 minutes in a fairly hot oven (190C/375F/Gas 5) until soft and pulpy. Rub through a sieve to remove the skin and pips.
3. Heat the remaining oil in a pan and sweat the onion for a few minutes until soft. Add the beetroot and the stock and bring to the boil. Season lightly with salt and freshly ground black pepper. Simmer gently for 7-10 minutes until the beetroot is tender.
4. Stir in the tomato purée, transfer the soup to a blender and process until completely smooth. Taste and adjust the seasoning if necessary
5. To serve cold, chill the soup in the fridge, then divide between six bowls. Using your fingers, crumble a little feta into each bowl. A sprinkling of grated raw beetroot makes a good garnish for the cold version
6. To serve hot, reheat the soup until thoroughly hot but not boiling. Divide between warm bowls and crumble over a little feta into each bowl. Serve with crusty bread.
Or.....for hot summer days.....

Grated Beet Salad with Tarragon Dressing

Grated raw beets are the basis of this salad topped with a dressing of lemon juice, Dijon mustard, tarragon and olive oil.

Prep Time: 15 minutes **Total Time:** 15 minutes **4 to 6 servings** as a side dish

Ingredients:

- 4 medium beets (about 1 pound without greens)
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 medium garlic clove, minced
- Sea salt
- Freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons minced fresh tarragon or parsley leaves



Preparation: Trim the stems and any dangling roots from the beets. Remove the skins from the beets with a vegetable peeler. Using the shredding disk on the food processor the large holes on a box grater to shred the beets. Transfer them to a medium serving bowl. Whisk together in a small bowl the lemon juice, Dijon mustard, garlic, salt, and pepper to taste. Whisk in the olive oil. Whisk in the tarragon and adjust the seasonings. Drizzle the dressing over the beets & toss to coat. Serve immediately.



2. IODINE & GOOD BREAST HEALTH

A January 2017 article in the American, '**Journal Of Cancer**' stated that small amounts of iodine are essential to breast & thyroid function: **"...dietary iodine insufficiency represents a plausible explanation for the increasing incidence of breast cancer in young women with distant metastasis."** Many of us are deficient in iodine and intensive farming practices don't help. Good sources are seaweed, cod, organ meats, turkey breast, boiled eggs & strawberries.

Vegetables as Part of a Healthy Diet

Vegetables are an essential part of your plan to stay healthier - and not just your heart but all your body systems. The closer you get to the daily recommended number of servings of fruits and vegetables, the more you improve your cardiovascular health.

Eat at least two (*but more is better*) servings of vegetables a day for the fibre and nutrients: ideally, including something from each of these five groups every week: dark greens, orange veggies, legumes (dried beans and peas), and starchy vegetables. 'The Rainbow Diet' is one of the best ways to stay fit and healthy.

One serving equals:

1. One cup of cabbage, lettuce, spinach, tomatoes, eggplant, or zucchini
2. One-half cup of sweeter, starchier vegetables like carrots, potatoes, or sweet potato
3. One-half cup of vegetable juice (but check salt content, which can be high)

Sweet Potato - Heavy Metal Hero!



A useful property of sweet potato is its ability to help eliminate toxic, heavy metals such as cadmium, mercury & lead from the body; these are **primary risk factors in breast cancer development** & over the last 50 years, we all suffer increased environmental exposure to heavy metals through higher contamination levels in food & water supplies - and smoking tobacco.



3. USING HERBS

GIVES ADDED PROTECTION FROM CANCER & STROKE



Most gardeners like to grow plants that have multiple uses: **Garden Sage** (*Salvia officinalis* - pictured left) definitely fits this description, because it's a productive culinary herb and also has spikes of pretty, blue blossom. Compounds in sage enhance concentration, attention span and quicken the senses.

Tarragon

Don't get the *Russian Tarragon*; although it's much easier to source, can be grown from seed and is hardier, **it doesn't taste nearly as good** - French is definitely the one to grow. Like rosemary and lavender, French tarragon is a perennial but it is not particularly hardy, so grow it in a pot and move inside in the colder months.

Health Benefits Of Tarragon

- the leaves are full of anti-oxidants that help eliminate free radicals and help STOP cancer cells forming. Certain compounds inhibit platelet activation, stop adhesion to the blood vessel wall and help prevent clot formation inside tiny blood vessels of the heart and brain - so it also **protects from heart attack and stroke**.
- used as a traditional remedy to stimulate appetite and alleviate anorexic symptoms & also helps the liver to produce more bile, aiding digestion - and a good source vitamins A, C and B12 - helping to boost metabolism.
- Scientific studies suggest that poly-phenolic compounds in this herb help **lower blood-glucose levels** - helping to stave off diabetes.
- Fresh tarragon is one of the highest antioxidant value food sources among the common herbs. Source: www.nutrition-and-you.com/vegetable-nutrition



TIP: Use **tarragon** in a sauce with chicken & mushrooms - it's a wonderful combination of flavours.

Coriander is a great digestive health **booster** and many herbs have the same anti-bacterial properties that encourage the good gut bacteria to protect from disease.



4. **MASSAGE & OXYGENATION**

Giving yourself a loving, gentle breast massage to improve circulation of the lymphatic system is a great way to stimulate movement of toxins and unwanted debris out of your breasts - and out of your body. Applied regularly, this is a very good way to nurture your long-term breast health - and it feels so good!



Women find relief from breast pain, cysts, inflammation lumps and fibrocystic breast tissue. Here at **Warrior Women Hope**, we like to use Joyce Sobota's '*Healthy Girl Breast Oil*' which uses a blend of eight essential oils - all important to good breast health - and it has the most wonderful aroma. There's useful information & resources on how to give yourself a healing, lymphatic massage - including a video! So, do you and your 'girls' a favour & check out the link [here](#)!

OXYGENATION

A study in July, 2013 in the **Journal Of Internal Medicine** ([H. Rundqvist](#), [R. S. Johnson](#)) shows that a low oxygen environment, unfortunately, aids in the proliferation of tumour cell populations, so oxygenating at a cellular level is essential if we're to give our bodies all the help they need to stave off disease:

*"In most solid tumours, including breast carcinoma, there are areas in which oxygen availability is limited.....a microenvironment characterised by low oxygen levels will be part of the **cause** of a heterogeneous tumour cell population and contribute to the aggressiveness of the tumour."*

A great way to oxygenate at a cellular level is by regularly eating **Budwig muesli**:



This is delicious with a little lemon juice, raw honey and berries - and many studies agree that raspberries are able to *"block cancer cell progression by inhibiting proliferation"* (Zexiu Qi, Bei Yang & Yasmany Armas Diaz - first published online - 4th March 2024 [sage pub.com](#)).

Rebounding is also a fantastic way to oxygenate your whole body - why not give it a go!



Roasted Apple and Cheddar Salad



Prep Time: 5 mins

Cook Time: 35 mins

Total Time: 40 mins

Ingredients

Recipe Source: eatingwell.com

1. 3 tablespoon vinegar, red wine
2. 2 tablespoon juice, apple
3. 1 tablespoon oil, olive, extra-virgin
4. 1 tablespoon honey
5. 2 teaspoon mustard, Dijon
6. 1/8 teaspoon salt
7. pepper, black ground, freshly ground, to taste
8. 2 medium apple(s), preferably Fuji, peeled and cut into wedges
9. 5 teaspoon oil, olive, extra-virgin
10. 4 sprig(s) thyme, fresh, or 1/4 teaspoon dried
11. 1/4 cup(s) nuts, walnuts, chopped
12. 3 cup(s) spinach, baby, or torn spinach leaves
13. 3 cup(s) lettuce, Boston, torn
14. 3 cup(s) lettuce, endive, torn
15. 2/3 cup(s) cheese, cheddar, sharp, grated - *(another good source of iodine!)*



Preparation

1. Preheat oven to 400°F.
2. **To prepare dressing:** whisk vinegar, apple juice, 1 tablespoon oil, honey, mustard, salt and pepper in a small bowl.
3. **To roast apples & prepare salad:** toss apples with 2 teaspoons oil and thyme in a medium bowl; spread evenly on a baking sheet. Roast, turning once or twice, until the apples are soft and golden, 25 to 30 minutes. Discard fresh thyme, if using. Let cool.
4. While the apples are roasting, toast walnuts in a small baking pan until fragrant, about 5 minutes. Let cool.
5. Just before serving, combine spinach, lettuce and endive in a large bowl; toss gently to mix. Divide the greens among 6 plates, drizzle with dressing and top with cheese, roasted apples and walnuts. Serve immediately.



5. JUICING

A Simple Way To A Healthy Body Weight

One of the best ways to help prevent breast cancer (*and other cancers & chronic disease*) is to maintain a body weight that is healthy for you - we're all different!

If you are struggling to shed pounds and reach a healthier weight, juicing is a sure-fire way to get there. Here's a vitamin and mineral-enriched juice recipe for you to enjoy . It's quick and easy to prepare and rests your digestive system too.

N.B. *Seek medical advice before making any changes to your diet which could affect medication.*

Kale Carrot and Apple Calcium Booster Juice for Juicer

Ingredients:

Servings: 1

2 kale leaves
2 celery ribs
1/3 cup parsley
3 carrots
1 apple, seeds and stem removed

Total Time: 5 mins
Prep Time: 5 mins
Cook Time: 0 mins

Directions:

Wash and cut vegetables & feed into the mouth of a good juicer one at a time.

Kale is full of Vitamin C and has 45 different flavonoids which perform key antioxidant and anti-inflammatory roles in the body. It is a wonderful raw food - full of goodness.

Cooking Kale? Steam For Optimum Benefit

The fibre-related components in kale do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels. Raw kale still has cholesterol-lowering ability—just not as much. Steam kale for 5 minutes to get the best cholesterol-lowering benefit for your body.





Wishing You Well

We hope that this 'Healthy Breast' eBook from warriorwomenhope.com has given you encouragement to begin or continue your anti-cancer resilience for breast health. We credit and thank all contributors and other resource materials during our research - for their expertise and willingness to share life-enhancing information. May your journey be a fruitful one.



Life is a wonderful thing and we hope that your experience of it can be made more pleasurable because you know that you are taking better care of yourself. The recipes and suggestions included here will help you to On a sunny day, picking fruit in the wild, straight from the bush or tree is something all children should do..... why not make it family affair? Fresh-picked fruit and vegetables have even more health-giving nutrients and let's face it.....*nothing tastes better!*



Enjoy & Be Well

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