



Breast Cancer Checklist

If you have been diagnosed with Breast Cancer, regardless of the type or classification, take action NOW ... Do not wait ... everyday can make a difference!

1. If you have had surgery, ask if the “Her2/neu oncogene” was elevated. If it was, make sure to take Shaklee GLA (borage seed oil rich in Omega 6 Essential Fatty Acids). Optimal levels of this oil is more effective than the pharmaceutical drug usually recommended, called herceptin.
2. Ask if the cancer was estrogen fed? If so, [Shaklee Soy Protein is your best friend](#) ... it is a phytonutrient that will help to block your body’s own estrogen from feeding the cancer cells.
3. Ask if the cancer was progesterone sensitive. Usually it is not. If it is NOT, use a natural bioidentical progesterone cream to prevent estrogen dominance.
4. Optimize your diet ... avoid coffee, sugar, white flour. Eat lots of fresh fruits and vegetables and whole grains. Drink lots of purified water.
5. Have your doctor check your Vitamin D3 level ... they will provide a “normal range” ... you want to be in the upper end of the normal range
6. *Supplement:*
 - Shaklee Life Strip – 80+ bio-optimized nutrients that reduce the risk of disease & degeneration
 - Shaklee NutriFeron – Strengthen your Immune System
 - Shaklee Alfalfa – 1 or 2 for every 10 pounds of body weight daily
 - Extra Antioxidants are essential (lots of Vitamin C ... extra Vitamin E and Carotomax)
 - Shaklee GLA – Omega 6 fatty acids to increase DGLA levels in the cellular tissue
7. *Detoxify:*
 - Optimize probiotics (Optiflora DI and Optiflora Pearl)
 - Optimize water & fibre intake
 - Support your bowel detoxification with Shaklee Herbal Laxative

- Protect & detoxify your liver with Shaklee DTX
- Drink Antioxidant Tea – Shaklee Energy Tea
- There are other more therapeutic detoxification programs:
 - Healthy Cleanse
 - Rejuvenating Body Cleanse
 - Kidney Cleanse
 - Liver Cleanse
 - GI Tract Cleanse
 - Chelation suppositories to reduce toxin load (including heavy metals)

8. Use ONLY toxin-free cleaners & personal care products ... Shaklee's Get Clean & personal care is recommended

9. Lifestyle Wellness:

- Are you getting enough sleep?
- What about stress management? What is your morning cortisol level? If it is high, use Stress Relief strategically.
- Are you exercising and doing deep breathing of clean air
- Have you had an Allergy Test to determine if there are any foods stressing the immune system
- Have you had a Hair Analysis done to determine if you have accumulated heavy metals.
- Have you had your iodine level tested? Optimal iodine is imperative to prevent and overcome breast cancer.
- Is your diet over 51% raw? Are you drinking raw vegetable juice daily?
(1 or 2 quarts are recommended)