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## BREAST HEALTH BALANCE SHEET

This balance sheet summarizes the risk factors for breast cancer. It also outlines those factors that protect us from breast cancer. Make checkmarks beside the risk factors and protective factor that are relevant for you. The bracketed numbers to the right of some entries refer to how much that risk factor increases your likelihood of having breast cancer; that is, (+2) means your risk doubles, (+3.6) means it increases your risk over three and a half times. If the number is beside a protective factor, it means that it decreases your risk by that amount. Mark these high risk and highly protective factors with a highlighter.

Come back to the balance sheet at least once a year to see what progress you have made in adopting a breast health/cancer prevention program. If you feel overwhelmed on your first read through, put it aside and come back to it another day and continue.

To calculate your body mass index (BMI), take your weight in kilograms or pounds and divide by the square of your height in meters or feet (there are many BMI calculators online).

To determine your waist to hip ratio, divide your waist measurement by your hip measurement.

### RISK FACTORS

### PROTECTIVE FACTORS

#### HEREDITARY

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<input type="checkbox"/> Mother or sister with breast cancer (+2)	<input type="checkbox"/> No family history of cancer
<input type="checkbox"/> Relative with ovarian or endometrial cancer	<input type="checkbox"/> No family ovarian or endometrial cancer
<input type="checkbox"/> Brother or father with prostate cancer (+4)	<input type="checkbox"/> No family prostate cancer
<input type="checkbox"/> Light-skinned	<input type="checkbox"/> Dark-skinned
<input type="checkbox"/> Body mass-index (BMI) >28	<input type="checkbox"/> Body mass index <22.8
<input type="checkbox"/> Birth weight >8.8 lbs (+3.5)	<input type="checkbox"/> Birth weight <6.7 lbs
<input type="checkbox"/> Birth length >51.5cm	<input type="checkbox"/> Birth length <50cm
<input type="checkbox"/> Over 5'6" tall	<input type="checkbox"/> Under 5'6" tall
<input type="checkbox"/> Weight >154 lbs (+3.6)	<input type="checkbox"/> Appropriate weight; weight <153 lbs
<input type="checkbox"/> Waist to hip ratio >.81 (+7)	<input type="checkbox"/> Waist to hip ratio <.73

#### REPRODUCTIVE

#### REPRODUCTIVE

<input type="checkbox"/> No children or children after 30	<input type="checkbox"/> Gave birth before age 20 or 30
<input type="checkbox"/> No children	<input type="checkbox"/> More than one child (-.5 with 5 kids)
<input type="checkbox"/> No breastfeeding	<input type="checkbox"/> Breastfed kids for at least 6 months (-2.5)



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**RISK FACTORS**

**PROTECTIVE FACTORS**

**LIFESTYLE AND HEALTHCARE**

**LIFESTYLE AND HEALTHCARE**

<input type="checkbox"/> Aging	<input type="checkbox"/> Use antioxidants and anti-aging supplements
<input type="checkbox"/> High breast density (+1.8 - +6)	<input type="checkbox"/> Low breast density
<input type="checkbox"/> Lack of exercise	<input type="checkbox"/> Regular exercise (4 hours weekly) (-.6)
<input type="checkbox"/> <2 bowel movements per week (+4.5)	<input type="checkbox"/> 2 or more bowel movements daily
<input type="checkbox"/> Use prescription drugs: beta-blockers (Amoxapine, Clomipramine, Desipramine and Trimipramine, Haldol); tricyclic antidepressants (Prozac, Paxil, Elavil); steroids (REsperine, hydralazine, Tagamet, metronidazole, vincristine, Nitrofurazone, Valium, Xanax, nitrogen mustard, procarbazine); cholesterol lowering drugs; Claratin, Atarax, the diuretics Spironolactone and Furosemide, and the anti-cancer drugs (vincristine, acronycine, cytembena, and isophosphamide)	<input type="checkbox"/> Use herbal, nutritional, homeopathic, and naturopathic recommendations when possible instead of prescription drugs. Educate yourself on the side effects of medications before taking them.
<input type="checkbox"/> Dental problems: mercury fillings, root canals, chronic infection/inflammation	<input type="checkbox"/> Replaced mercury fillings with ceramic, remove root canal teeth, clear infection
<input type="checkbox"/> Imbalanced biological terrain (gut)	<input type="checkbox"/> Normalize biological terrain
<input type="checkbox"/> Chronic inflammation (use curcumin & bromelain regularly)	<input type="checkbox"/> Vegetarian, no/low fat in diet
<input type="checkbox"/> Immune deficiency, allergies	<input type="checkbox"/> Follow immune-strengthening program
<input type="checkbox"/> Underactive thyroid; iodine deficiency	<input type="checkbox"/> Correct thyroid function; use seaweeds
<input type="checkbox"/> Annual mammograms (from radiation exposure) (+.5)	<input type="checkbox"/> Monthly breast self exam; annual thermograms (-.2)
<input type="checkbox"/> Cigarette smoking increases risk	<input type="checkbox"/> No smoking; avoid 2 <sup>nd</sup> /3 <sup>rd</sup> hand smoke
<input type="checkbox"/> Alcohol increases risk (>3 drinks/week)	<input type="checkbox"/> Avoid alcohol or have minimally
<input type="checkbox"/> Use commercial hair dyes	<input type="checkbox"/> Use henna or natural hair dyes
<input type="checkbox"/> Have breast implants	<input type="checkbox"/> No breast implants; had them removed
<input type="checkbox"/> Wear a tight fitting bra or bra with underwire	<input type="checkbox"/> Go braless or use looser cotton bras
<input type="checkbox"/> Mineral and enzyme deficiency	<input type="checkbox"/> Eat organic, replace minerals and enzymes
<input type="checkbox"/> Parasitic infection	<input type="checkbox"/> Do parasite cleanse once or twice yearly
<input type="checkbox"/> Liver toxicity	<input type="checkbox"/> Do liver cleanse once yearly, replace gut flora
<input type="checkbox"/> Use of antibiotics	<input type="checkbox"/> Avoid antibiotics, deal with candidiasis
<input type="checkbox"/> Chemical toxins accumulate in fat tissue	<input type="checkbox"/> Use saunas regularly or sauna detox yearly
<input type="checkbox"/> Poor lymphatic circulation	<input type="checkbox"/> Use skin-brushing, rebounding, exercise



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**RISK FACTORS**

**PROTECTIVE FACTORS**

<b>HORMONAL</b>	<b>HORMONAL</b>
<input type="checkbox"/> Estrogen quotient is .5 - .8	<input type="checkbox"/> Estrogen quotient is >1.2
<input type="checkbox"/> Low ratio of C2 to C16 estrogen	<input type="checkbox"/> High ratio of C2 to C16 estrogen
<input type="checkbox"/> Low ratio of C2 to C4 estrogen	<input type="checkbox"/> High ratio of C2 to C4 estrogen
<input type="checkbox"/> Early onset of menstruation (<11 yoa) (+2)	<input type="checkbox"/> Late onset of menstruation (>14 yoa)
<input type="checkbox"/> Late menopause (>52 yoa) (+2)	<input type="checkbox"/> Early menopause (<45 yoa)
<input type="checkbox"/> Menstrual cycle <25 days (+2)	<input type="checkbox"/> Menstrual cycle (26 – 28 days)
<input type="checkbox"/> Low progesterone (+5.4)	<input type="checkbox"/> Normal progesterone
<input type="checkbox"/> Fibrocystic breasts (+1.8)	<input type="checkbox"/> Healthy breast tissue
<input type="checkbox"/> Increased testosterone	<input type="checkbox"/> Normal testosterone
<input type="checkbox"/> Increased prolactin	<input type="checkbox"/> Normal prolactin
<input type="checkbox"/> Increased growth hormone	<input type="checkbox"/> Avoid dairy with bovine growth hormone
<input type="checkbox"/> Increased insulin	<input type="checkbox"/> Normal insulin levels
<input type="checkbox"/> If mother had high estrogen levels during pregnancy	<input type="checkbox"/> Protect self/fetus from high estrogen in pregnancy
<input type="checkbox"/> Unbalanced thyroid; iodine deficiency	<input type="checkbox"/> Correct thyroid function; use seaweeds
<input type="checkbox"/> High blood level of IGF-1 (+7)	<input type="checkbox"/> Normal blood levels of IGF-1
<input type="checkbox"/> Unbalanced cortisol	<input type="checkbox"/> Normal cortisol
<input type="checkbox"/> Decreased melatonin levels	<input type="checkbox"/> High melatonin; meditation practice
<input type="checkbox"/> Sleep with light on at night; exposure to light at night decreases melatonin production; increases risk	<input type="checkbox"/> Sleep in dark room; meditate shortly before bed
<input type="checkbox"/> Birth control pills used before age 20 or for more than 5 years before age 35 (+3)	<input type="checkbox"/> Natural fertility methods such as Justisse method, condoms, Luna, symptom-thermo...
<input type="checkbox"/> Use of fertility drugs in past year	<input type="checkbox"/> Avoidance of fertility drugs
<input type="checkbox"/> Estrogen replacement therapy, especially when used for more than 5 years	<input type="checkbox"/> No estrogen replacement therapy, or have stopped for >5 years
<input type="checkbox"/> Former use of the drug DES or your mother took it while pregnant (+.4)	<input type="checkbox"/> No DES; avoid drugs in pregnancy
<b>ENVIRONMENTAL</b>	<b>ENVIRONMENTAL</b>
<input type="checkbox"/> Exposure to radiation	<input type="checkbox"/> Seaweeds daily, miso and lentils 3x/week
<input type="checkbox"/> Fly frequently (increases radiation exposure)	<input type="checkbox"/> Fly seldom
<input type="checkbox"/> Live within 50 miles of a nuclear reactor	<input type="checkbox"/> Live >50 miles of nuclear reactor
<input type="checkbox"/> Continuous exposure to electricity and electromagnetic fields	<input type="checkbox"/> Live in the country with few electrical devices
<input type="checkbox"/> Work in the electrical trade (+.7)	<input type="checkbox"/> Work away from excess electricity
<input type="checkbox"/> Install, repair telephones (+2.2)	<input type="checkbox"/>
<input type="checkbox"/> Sleep within 2' of electrical devices	<input type="checkbox"/> Sleep >3' away from electrical devices
<input type="checkbox"/> Sit <2' from front, <4' from sides of computer video display terminals	<input type="checkbox"/> Sit further from computer video display terminals and use them <20 hours weekly

### RISK FACTORS

### PROTECTIVE FACTORS

<input type="checkbox"/> Use an electric blanket	<input type="checkbox"/> Use cotton, wool, down blankets
<input type="checkbox"/> Have worked on a farm (+9)	<input type="checkbox"/> Never worked on a farm, or worked on organic farm
<input type="checkbox"/> Exposure of pesticides: food, lawn, farm, golf courses, public areas	<input type="checkbox"/> Eat organic, avoid pesticides
<input type="checkbox"/> Live in industrialized area	<input type="checkbox"/> Live away from industry & chemical exposure
<input type="checkbox"/> Exposure to petrochemicals, gas stations	<input type="checkbox"/> Use car less, use full serve gas station
<input type="checkbox"/> Exposure to formaldehyde	<input type="checkbox"/> Choose products without formaldehyde
<input type="checkbox"/> Exposure to benzene	<input type="checkbox"/> Avoid benzene
<input type="checkbox"/> Exposure to organochlorides	<input type="checkbox"/> Recognize & avoid organochlorides
<input type="checkbox"/> Use of chemical or industrial cleansers	<input type="checkbox"/> Use of non-toxic cleaners
<input type="checkbox"/> Exposure to carcinogens	<input type="checkbox"/> Recognize & avoid known carcinogens
<input type="checkbox"/> Live near a hospital incinerator	<input type="checkbox"/> Live away from hospital incinerator
<input type="checkbox"/> Live near a PVC recycling plant	<input type="checkbox"/> Live away from PVC recycling plant
<input type="checkbox"/> Use plastics (drink from water coolers, use water bottles with BPA, have toys, shower curtains with PVC...)	<input type="checkbox"/> Avoid plastics, use glass, wax paper, cardboard, butcher paper, stainless steel
<input type="checkbox"/> Live near a chemical plant	<input type="checkbox"/> Live away from chemical plants
<input type="checkbox"/> Live near a toxic waste site or dump	<input type="checkbox"/> Decrease waste; live away from a toxic waste site or dump
<input type="checkbox"/> Live near a sewage treatment plant	<input type="checkbox"/> Use composting toilet, live away from a sewage treatment plant
<input type="checkbox"/> Use chlorine bleach	<input type="checkbox"/> Use non-chlorine bleach
<input type="checkbox"/> Drink chlorinated water	<input type="checkbox"/> Drink filtered water
<input type="checkbox"/> Dry-clean clothing	<input type="checkbox"/> Avoid dry-cleaning; use natural detergents

### DIETARY

### DIETARY

<input type="checkbox"/> High fat consumption >30% of total calories (trans, saturated, omega 6 fats)	<input type="checkbox"/> Low fat consumption <15% total calories (High omega 3 fats – fish oil and vegetable sources)
<input type="checkbox"/> Low fiber <10 grams daily	<input type="checkbox"/> High fiber >30 grams daily (-.3)
<input type="checkbox"/> Eat meat weekly	<input type="checkbox"/> Vegetarian (-.3)
<input type="checkbox"/> Use regular dairy products	<input type="checkbox"/> Use soy milk (or other alternative milks), organic goat milk, or organic dairy
<input type="checkbox"/> Eat sweets, sugar products	<input type="checkbox"/> Have 2 or more fruits daily, avoid sweets
<input type="checkbox"/> Use processed foods	<input type="checkbox"/> Use whole, unrefined foods
<input type="checkbox"/> Use bread products daily (refined carbohydrates)	<input type="checkbox"/> Use beans, whole grains (complex carbohydrates)
<input type="checkbox"/> Drink coffee	<input type="checkbox"/> Drink herbal teas eg. Red clover, dandelion
<input type="checkbox"/> No soy products	<input type="checkbox"/> Organic soy products daily
<input type="checkbox"/> No orange fruits & vegetables	<input type="checkbox"/> Use 2 foods high in Vitamin A daily (carrots, sweet potatoes, squash...)



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**RISK FACTORS**

**PROTECTIVE FACTORS**

<input type="checkbox"/> Use vegetable oils, animal fat, margarine and cooked oils; have low essential fatty acids	<input type="checkbox"/> Use unrefined olive oil, coconut oil, avocado, walnut, clean fish oil
<input type="checkbox"/> Minimal fruits and vegetables	<input type="checkbox"/> Use 6 – 9 servings of fruits/vegetables daily
<input type="checkbox"/> Eat mostly cooked food	<input type="checkbox"/> 50 – 85% raw food (if can digest well)
<input type="checkbox"/> No brassicas (cauliflower, cabbage, broccoli, kale)	<input type="checkbox"/> Raw brassicas daily
<input type="checkbox"/> High salt intake	<input type="checkbox"/> Low sodium / high potassium
<input type="checkbox"/> Overly acidic body	<input type="checkbox"/> Keep pH of urine and saliva at 6.4 – 7.2
<input type="checkbox"/> Use of plastic food containers and wraps	<input type="checkbox"/> Use glass, ceramic or stainless steel containers

**PSYCHOLOGICAL**

**PSYCHOLOGICAL**

<input type="checkbox"/> Deny, bury, repress or hold on to anger	<input type="checkbox"/> Express anger constructively and let it go
<input type="checkbox"/> Ignore one's own needs; please others	<input type="checkbox"/> Define your needs; become assertive
<input type="checkbox"/> Feel alienation	<input type="checkbox"/> Find or create your community
<input type="checkbox"/> Death of a loved one or loss of a relationship within the previous one to five years	<input type="checkbox"/> Express your grief; find reasons for living, find something or someone to love
<input type="checkbox"/> Stress and the inability to relax	<input type="checkbox"/> Regular relaxation breaks
<input type="checkbox"/> Living a life following someone else's script rather than one's own	<input type="checkbox"/> Follow your deep desires and callings; create your path

**SPIRITUAL**

**SPIRITUAL**

<input type="checkbox"/> Hopelessness, despair	<input type="checkbox"/> Spiritual counseling, therapy, prayer, yoga
<input type="checkbox"/> Lack of a sense or purpose	<input type="checkbox"/> Develop a meaningful life, find your passion
<input type="checkbox"/> Lack of joy	<input type="checkbox"/> Laugh, play, have fun
<input type="checkbox"/> Loss of faith	<input type="checkbox"/> Create a relationship with your soul
<input type="checkbox"/> Foiled creative fire	<input type="checkbox"/> Express your creativity
<input type="checkbox"/> Ignored intuition	<input type="checkbox"/> Awaken and follow your intuition
<input type="checkbox"/> Lack of support	<input type="checkbox"/> Find at least one supportive person, support group or spiritual group

**OTHER RISK FACTORS**

**OTHER PROTECTIVE FACTORS**
