

The Healthy Breast Program was developed by Sat Dharam Kaur, N.D. to provide a naturopathic protocol for preventing and treating breast cancer to be used in combination with allopathic diagnostic and treatment options. The program is designed to educate and provide support to women interested in maintaining or improving the health of their breasts.

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## Components of The Healthy Breast Program

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- Developing a positive relationship with one's breasts; breast self-massage, monthly breast self-exams
- Understanding and eliminating environmental risk factors for breast cancer.
- Annual monitoring of hormone levels through blood, urine and saliva testing
- Correction of hormonal imbalances using naturopathic therapies whenever possible
- Annual monitoring of minerals through hair analysis and urine testing and removal of toxic metals
- The adoption of a Healthy Breast Diet
- The use of specific nutritional supplements to maintain breast health
- Regular detoxification of the liver, colon, kidneys and lymph.
- The regular use of saunas, specifically to remove environmental chemicals that may disrupt hormone function or initiate breast cancer.
- Detection and elimination of "hidden" infection (bacterial, fungal or viral), particularly in the mouth
- Promotion of healthy bowel flora through supplementation of probiotics and fructo-oligosaccharides.
- Maintaining correct acid/alkaline balance through dietary changes and mineral balance.
- Improving lymphatic circulation through daily rebounding exercises and yoga for the lymphatic system
- The regular use of meditation, imagery and visualization to activate one's capacity to heal, increase melatonin levels and to enhance immunity
- Exercises in assertiveness and anger release and the expansion of joy, meaning, purpose and prayer
- Monthly meetings to experience the components of The Healthy Breast Program in a support group.

