

Opinion

Healthy Breasts Don't Get Cancer.

So many women are far removed from understanding what constitutes a healthy breast ... and how would we know? We've been encouraged, through years of advertising, to rely on medical companies, charities, and a system that feeds these entities economically to keep us up to date on our breast health.

Rather than taking matters into our own hands and being responsible for our own health with natural, preventative measures, we rely on drug companies and medical organizations to help us figure out how to "watch for lumps" and irregularities. What if those regularities could be prevented without the use of drugs?

I just read a few passages from Jan Janzen's upcoming book *Breast Health Exposed*, written as part of a strategic relationship with breast health solutions company Plexus Pink. I paid particular attention to the **21 Secrets Most Doctors Will Never Tell You About Your Breasts** – a series of little-known facts about breast health and the body that, quite frankly, astonished me.

These 21 secrets are simple to execute, could work for any woman, and are clearly not public knowledge. I don't think most women know that these preventative measures even exist.

So why is that?

Over \$2 trillion has been spent on the war against cancer over the past forty years – and despite that, a woman is dying of breast cancer every 12 minutes.

Women need a breast health revolution, and Jan Janzen is here to give it to us. Two trillion dollars, forty years, and we are still losing a woman every 12 minutes? It's up to us to take the time we need for recharging our batteries and being responsible for our entire health picture - breasts included.

Just by reading this book, women everywhere could practice a few more preventative measures that could keep breast cancer away from themselves and their families – forever. Imagine a world without breast cancer – without the need for charity walks, big dollar breast drug companies and all the hype.

What if it really is that simple? What if a few life-changing differences we can make in our daily living will make all the difference? What if a better diet, exercise, and strength of mind can cut that number from 12 minutes to 12 days?

Wouldn't that be something?

Healthy Breasts Don't Get Cancer Con't.

Opinion

Some of the ideas in *Breast Health Exposed* are so easy, some of the statistics and the methodology so revealing, I am amazed this isn't public knowledge. Thanks to Jan Janzen, it will be.

We deserve the best for ourselves and our bodies. We deserve to be safe, nourished, and loved, and we deserve to be given the resources that will help us take good care of our breasts, and our bodies on the whole. Taking advantage of the knowledge women's health advocates like Janzen can provide to us will open up new doors for us to take the time we need for self-love, self-care, and self-awareness. Healthy breasts for a lifetime could be just a few changes away!