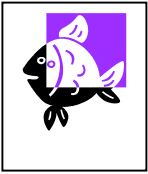


BLOCK THE ESTROGEN RECEPTORS

SOY – Fermented soy products: Fermented Tofu, fermented soy sauces, miso
FLAXSEED - Meal

FATS



- FISH OIL
- DEEP COLD WATER FISH
 - HALIBUT, ORANGE ROUGHY, RED SNAPPER, SEA BASS, TUNA
- EXTRA VIRGIN OLIVE OIL
- CANOLA OIL

INDOLE-3 CARBINOL

EAT BROCOLI, CABBAGE, BRUSSEL SPROUTS, RADISHES, RUTABAGA, TURNIPS

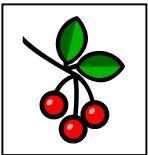


- EAT RAW, LIGHTLY STEAMMED OR LIGHTLY STIR-FRIED
- CONSIDER TAKING 500 ML OF INDOLE-3 CARBINOL

AVOID SATURATED FATS

LOW GLYCEMIC FOODS

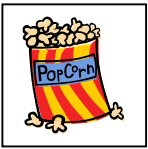
CHERRIES, PLUMS, DRIED PEAS, BARLEY, PEACHES, GREEN BEANS BABY LIMA BEANS, SKIM MILK, CHICKPEAS, APPLE, PEAR, SPAGHETTI (WHOLE WHEAT), TOMATO, TORTILLA, ALL-BRAN, GRAPES, ORANGE



FIBER

- 30 – 50 GRAMS OF FIBER PER DAY

ALL BRAN CEREALS, WHEAT BRAN MUFFINS, POPCORN, WHOLE WHEAT PRODUCTS, BARLEY, ALMONDS, COCONUT, SESAME SEEDS, PEANUTS, SUNFLOWER SEEDS, HEALTH VALLEY BAKED GOODS (CHECK NUTRITIONAL INFO)



EAT 5 TO 9 FRUITS & VEGETABLES PER DAY

GARLIC, SPINACH, BRUSSEL SPROUTS, ALFAFA SPROUTS, BROCCOLI, BEETS, RED BELL PEPPER, ONION, CORN, CAULIFLOWER, POTATOES, SWEET POTATO, CABBAGE, LEAF LETTUCE, CARROT, BEANS
STRAWBERRY, PLUM, ORANGE, RED GRAPES, KIWI, WHITE GRAPES, BANANA, APPLE, TOMATO, PEAR, MELON



- GREEN TEA – 1-2 CUPS DAILY

NO PESTICIDES

- EAT ORGANIC VEGETABLES
- EAT LEAN MEAT – CHICKEN SHOULD BE FREE-RANGE; PESTICIDE FREE
- MARINATE ALL BBQ'D MEATS
- EAT LOW-FAT DAIRY



NO ALCOHOL

INCREASE VITAMIN D

200 IU – FROM MILK & CEREAL
15 MINUTES OF SUNSHINE – 3 TIMES PER WEEK



EXERCISE

4 OR MORE HOURS OF VIGOROUS AEROBIC EXERCISE PER WEEK

