

Rising Women Article for Ask the Experts, Feb. 21, 2008.

**Q. What are some of the preventative measures one can take to create and maintain healthy breasts?**

The first thing you can do is get rid of the bra! Even those who do have cleavage can at least for some time during the week, wear a less-tight bra or undershirt/bra combo. The reason for this is to help the lymphatic fluid in the breast tissue to be able to drain freely down through the armpit area. This will help stop toxins from building up in breast tissue.

Second, eat as organic as possible. Non-organic beef and chicken definitely has hormones in it and will affect the hormone balance in your body. Non-organic vegetables and fruit can be toxic because of the pesticides. Pesticides are stored in fatty tissue and they definitely have an “estrogenic” activity.

Estrogens are a group of hormones that cause tissue to grow. Which normally happens gradually before ovulation each month. This is what the body will do with the estrogen it produces.

When the “pesticide estrogens” are present, they cause tissues to grow and change more rapidly. Breast tissue is very susceptible to these false or xenoestrogens. They are much stronger than our own body’s estrogen, thus likely one of the main causes of breast cancer today.

Thirdly, take a fiber supplement. Flax hull lignans are known to have protection against breast tissue. Take at least 2 tsp per day.

Fourthly, take fat-soluble antioxidants like: betacarotene, selenium, vitamin E, vitamin A for protection against your fatty tissues. Vitamin C is also important because it helps the fat-soluble antioxidants stay in tact.

One final comment, there is a lot of controversy over whether “plant phytoestrogens” are harmful and cause breast cancer. Phytoestrogens are much weaker than our own estrogens and the false or xenoestrogens. Because they are weaker, they can take up the “estrogen sites” but they do not have a lot of power over causing tissues to grow. They do provide protection because they stop the “false estrogens” from attaching themselves to the sites they are occupying. But remember, if what you are taking is causing your breasts to be sore, then stop taking it. Not all plants are good for all women, what is good for you will make your breasts feel great!

Monica Hirai is a certified herbalist/holistic practitioner and owner of Hirai Health Services. Contact her at: [monica@hiraihealth.com](mailto:monica@hiraihealth.com) or 276-5756.  
[www.hiraihealth.com](http://www.hiraihealth.com)