

Ananta Jiva News

October 2008



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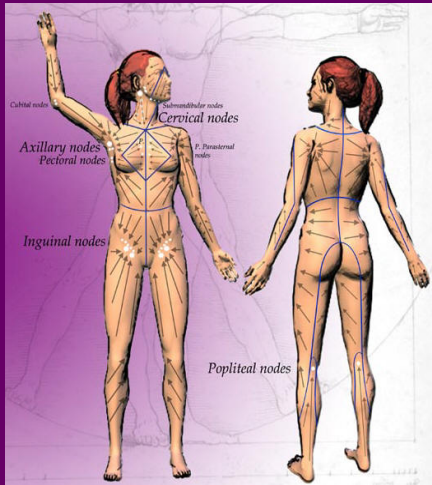
October is National Breast Cancer Awareness Month



It has been estimated that by the year 2020, the number of women who get breast cancer may be as high as 1 in 5. With the help of a "healthy breasts" lifestyle, you can defy those odds and help to bet those forecasted statistics.

Some Lifestyle Tips for Breast Cancer Prevention:

1. Cut the unhealthy, saturated fats and substitute with healthy fats like olive oil or real butter.
2. Cut out the the under wire, push up and tight fitting bras. It has been speculated that the additional pressure on the breasts can result in metabolic wastes building up in the lymphatic tissues of the breast.
3. Moderate breast massage may be helpful in breast cancer prevention by improving circulation in lymphatic tissue
4. Get plenty of antioxidants in your diet. Suggestions: dark green leafy vegetables, bright colored fruits, red wine, tomatoes, garlic, green tea
5. Moderate exercise
6. Eat organic foods whenever possible and drink plenty of water.



October's Signature Service

Lymphatic Massage

1 hour

60 min \$75

This technique is designed to specifically address lymphatic flow, which if not free flowing, can create an environment conducive for infection. Please call for details regarding this service.

October's Signature Products

Purifying Shower Gel or Foaming Soap

Made with organic oils and lemongrass, peppermint and rosemary essential oils, helps to stimulate your lymphatic system and aid in the removal of cellular wastes.

10% off

off the mark.com by Mark Parisi



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