

fibers we wear on our bodies, heredity, and our aging bodies. However, an unhealthy diet and lifestyle, drugs, alcohol, smoking, and lack of physical activity are in our hands to control. Being cautious when it comes to the decisions you make in your life today will affect your body in years to come and can lead you to a strong and vivacious life. "If you can't pronounce it, don't eat it or put it in your body; be less stressed, eat less meat, exercise, don't smoke, and go organic!" said McAtee.

### Be At Ease With Yoga

Does the sound of the words "you need to exercise" make you cringe and let out a long sigh? Whether you have been diagnosed with breast cancer or are looking for a way to minimize your risk, there is a way to exercise and take care of you breasts and body—through yoga. "Yoga practice can make a contribution in three major ways: regulating the endocrine system, and thus the balance of hormones to which you're exposed; strengthening the immune system, especially by stimulating the flow of lymph; and providing both a philosophy and practice for creating a healthy relationship with our bodies and with the world around us," says Joanna Colwell, *Yoga Journal* (4).

If you have breast cancer, yoga can provide you "relief from the side effects of treatment while transforming a sense of loss into an experience of wholeness" said Katherine Griffin, former deputy editor at *Yoga Journal* (4). Breastcancer.org says "Research in breast cancer patients has shown that yoga may be able to help: improve physical functioning, sleep, quality of life, and reduce fatigue and stress" (3). Incorporating at least a half hour of exercise and physical activity into your daily life is encouraged if you have either been diagnosed with breast cancer, or are a breast cancer survivor, and also for everyone who wants to reduce their risk of breast cancer.

### Take The Breast Care Of Yourself

Being diagnosed with breast cancer affects many aspects of a women's life as well as the people that care about her most. A woman's mental, physical and emotional state is challenged, as well as her self-image, hormonal balance, and reproduction abilities. Intimate relationships, financial strain, and family are also affected. Prevention starts with each individual. Young women who are in their

20s should start to do a breast-self exam, as well be checked by their doctor during their yearly check up. Along with a breast-self exam, women in their 20s and 30s should have a clinical breast exam performed by their doctors every three years. Women who are 40 and older should have a yearly mammogram and clinical breast exam. This year, national mammography day is on October 15, so be sure to have yourself checked out and remind the women in your life who are 40 and older to be checked as well. Exercise, early detection and prevention, as well as a healthy diet are part of the equation to help reduce your risk. Including a diet rich in vitamin D is beneficial too. Turn to foods such as salmon, tuna fish, milk, orange juice, and yogurt to give your body a healthy boost.

### Simply Beautiful By Nature

Ever have a clogged drain and the water build up won't go down? Your skin is made up of tiny pores, and when you apply make-up and beauty products that are pumped with harmful chemicals on your body, your pores become filled with toxins and can no longer breathe easily. Instead, get naturally glamorous with Pristine Beauty and you'll never turn back! At the young ripe age of 31, former model and Miss Winston Cup/Nascar 1998, Blaire Kessler was diagnosed with breast cancer five months after giving birth to her daughter, Dylan. "I knew I had to stay focused to get better, beat cancer, and be there for her. Ultimately, it was in God's hands, but I believe my daughter helped pull me through the ordeal and gave me all the strength in the world to fight" said Kessler.

Today, Kessler is a thriving breast cancer survivor and proud owner and founder of Pristine Beauty, providing women with 100% natural, vegan, phthalates and paraben-free products. "I sought out all-natural alternatives, and to my surprise, there was nothing natural on the market targeting my specific needs, so I did tons of research, mixed and matched ingredients, and came up with a few products that I used on myself," said Kessler. These products gave Kessler the bounce and vitality her hair and skin

were looking for, and thus she decided to find a way to introduce her treasures to the public. "I found a fantastic manufacturer who had a team of scientists that helped with the correct formulation and stability testing, and Pristine Beauty was created," said Kessler. In order to decipher the meaning of many ingredients on our beauty labels, we need to have a dictionary nearby. Kessler says her products "are for everyone who wants to use a fabulous cosmetics line that is natural and very effective" as well as enjoy the charm and "refreshing, non-medical Old Hollywood beauty theme." Kessler says Pristine Beauty will be expanding to feature a baby and men's line due to the success of the women's products.



You'll be saying "oh la la" to the delicious aroma of naturally scented creamsicle Take A Whiff! deodorant, which is aluminum free, and Hooray for Ballywood Butta, repair and renew total body treatment cream. Natural goodies such as yucca root, organic sesame seed oil,

aloe, organic white sage, vanilla extract, and more are crafted into the products. Find these products and others at [www.shoppristinebeauty.com](http://www.shoppristinebeauty.com) as well as at select Whole Foods Markets. 15% of the proceeds from these products are given to the Young Survival Coalition and the Cancer Prevention Coalition. Kessler hopes to bring joy to everyone who uses her products and says, "The greatest reward has been having the opportunity to turn a horribly negative thing like a cancer diagnosis and turn it into a positive thing that could have a long-lasting positive effect on society for years to come."♥



### References:

1. The American Cancer Society <http://www.cancer.org>
2. The Young Survival Coalition <http://www.youngsurvival.org>
3. Breastcancer.org <http://www.breastcancer.org>
4. Yoga Journal <http://www.yoga-journal.com>