

WOMEN'S WELLNESS CHECKLIST

DECREASE  TOXINS & HARMS

STRENGTHEN  IMMUNE SYSTEM

UNDERSTAND HARMS OF SCREENING

Review [Screening 411](#), [Overdiagnosis 411](#)

INVESTIGATE IMAGING OPTIONS

Review [imaging](#) options

Sign [petition](#) for insurance coverage

LIMIT OR AVOID

Alcohol, caffeine, sugar, meat, dairy, oils, pharmaceuticals, pesticides, canned, artificial, processed, diet or refined foods

CLEAN & GROOM GREEN

No parabens, phthalates, aluminum
[ewg.org](#) (dirty dozen, safe products)

USE SAFE COOKWARE

Replace nonstick (PFOA) and aluminum w/ "green pans," ceramic, glass or cast iron

ELIMINATE PLASTIC

Use glass or stainless steel

REDUCE EMFs

Keep distance. No microwave. Use speaker.

DITCH UNDERWIRE BRAS

TAKE CARE OF TEETH

Consult a holistic dentist. Remove silver.

Floss daily. No fluoride.

AVOID TOXIC RELATIONSHIPS

Set boundaries. Seek counseling & support.

MANAGE STRESS

Yoga, meditation, nature, exercise, music, affirmations, gratitude, massage, guided imagery, mindfulness, laughter, friendships

EAT HIGH QUALITY FOOD

Organic/fresh/local: veggies & fruit
plant protein & healthy fat: (organic tofu, beans, whole grains, legumes, fermented food, avocado, nuts, seeds herbs, spices
See: [Holistic Health](#), [Eat This Not That](#)

DRINK HEALTHY BEVERAGES

Filtered water w/ lemon, green/herbal tea, unsweetened non-dairy organic nut, rice, hemp, coconut milk, coconut water, kombucha

EXERCISE 30 MIN EVERY DAY

Walk, jog, swim, dance, yoga, hike, bike, etc.

RELAX & CONNECT W/SPIRIT

Yoga, meditation, nature, exercise, music, affirmations, gratitude, massage, guided imagery, mindfulness, laughter, friendships.

MAINTAIN IDEAL WEIGHT

NEVER SMOKE

CREATE HAPPY RELATIONSHIPS

Set boundaries. Seek counseling & support.

SEEK HOLISTIC HEALTH CARE

[Institute for Functional Medicine](#)

MAKE SLEEP A PRIORITY

BALANCE HORMONES

Utilize strategies above.

[Institute of Biomedical Medicine](#)

MORE INFO/SUPPORT GROUP

[DCIS 411](#) [DCIS is Not Cancer](#)

