

# WOMEN'S WELLNESS CHECKLIST

## DECREASE TOXINS & HARMS

- ✓ **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

## STRENGTHEN IMMUNE SYSTEM

- ✓ **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](#)

