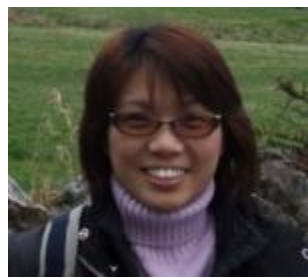


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Diet For Breast Cancer Prevention – What Is Healthy Weight?



By Maggie Chang

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According to some research, eating lots of vegetables and fruits can reduce the risks of breast cancer. However, there is no proven science behind this statement although fruits and vegetables are rich source of anti-oxidants and cancer fighting nutrients. There is no doubt that a lot of nutritional supplements in the market are targeted at preventing the risks of breast cancer but it is still advisable to consult the doctor before consuming any vitamins.

Science today is still unsure if the right diet can reduce the risks of breast cancer and prevent it from recurring after treatment, but maintaining a healthy weight on the other hand is proven to reduce the risks and increases the chances of survival. As we are all aware, overweight is one of the reasons in heightening the risks but in order to maintain a healthy weight, one is encouraged to eat a lot of fruits and vegetables, which are in low calories and high nutritional value.

Besides that, limiting the consumption of alcohol to no more than one drink per day and practicing a 30-minute exercise is highly recommended because it is highly important to breast health and thus increases the survival rate for women.

The percentage of men with breast cancer is less than 1 percent compared with the 90 percent death rate for women by this diseases. The consultations from doctor and professional health care providers are very important because they will provide the knowledge and education to prevent overweight and the correct way to maintain a healthy lifestyle, for example, do more exercises, quite smoking and etc.

Maggie Chang is a breast cancer enthusiast who owns <http://www.HealthInfoPlanet.com>. She has helped people with breast cancer through her valuable information.

She has recently developed a free report showing you the “5 Risk Factors Of Breast Cancer”. To get instant access to the free report, visit <http://www.HealthInfoPlanet.com>

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