



We
Wear
Pink *with a*
Purpose

October 20, 2018
3:00 pm
Philadelphia SDA Church
Burlington, NC



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- | | |
|------------------------|---------------------------|
| 🎀 Welcome and Prayer | Natasha King |
| 🎀 Q & A/Testimonials | Cassandra Jones, B.S., RN |
| 🎀 No More Pinkwashing | Renee Lea-Currie, Ph.D. |
| 🎀 Blessing Tree | Natasha King |
| 🎀 Mini Beauty workshop | |



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Breast Cancer Risk Factors

What you Can't change

- ⓧ Gender
- ⓧ Age
- ⓧ Family History
- ⓧ Race
- ⓧ Breast changes
- ⓧ Starting menstruation before age 12
- ⓧ Start menopause after age 55

What you **CAN** Change

- ⓧ No alcohol
- ⓧ No smoking
- ⓧ Reduce stress
- ⓧ Control your weight to healthy range
- ⓧ Be physically active
- ⓧ Limit ionizing radiation medical tests to your chest (if possible)
- ⓧ Consume more omega-3 fats (flax seed, nuts, seeds, EVOO, avocado, olives, fatty fish)
- ⓧ Limit/avoid processed foods
- ⓧ Get adequate sleep
- ⓧ Eat more fiber
- ⓧ Limit hormone therapy
- ⓧ Enjoy more fruits and vegetables everyday
- ⓧ Keep a positive attitude
- ⓧ Stay alert to changes in your breasts
- ⓧ Get screened/tested
- ⓧ Avoid artificial sweeteners/ flavors/ colors

Breast Cancer Symptoms

- ⓧ New lump in the breast or underarm (armpit).
- ⓧ Thickening or swelling of part of the breast.
- ⓧ Irritation or dimpling of breast skin.
- ⓧ Redness or flaky skin in the nipple area or the breast.
- ⓧ Pulling in of the nipple or pain in the nipple area.
- ⓧ Nipple discharge other than breast milk, including blood.
- ⓧ Pain in any area of the breast.

Keep in mind that these symptoms can happen with other conditions that are not cancer.

**If you have any signs or symptoms that worry you,
be sure to see your doctor right away.**

References

- ⓧ Breastcancer.org
- ⓧ American Cancer Society
- ⓧ Thinkbeforeyoupink.org
- ⓧ https://www.cdc.gov/cancer/breast/basic_info/index.htm
- ⓧ <https://www.fda.gov/Food/NewsEvents/ConstituentUpdates/ucm622475.htm>

We Wear Pink with a Purpose- October 20, 2018.
Philadelphia 7th Day Adventist Church, Burlington, NC.
Find recipes at www.thetakebacktour.com



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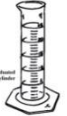
Bath Soak Mix for Pain-free Relaxation

1. Add 3 scoops powdered goat's milk to glass bottle/jar
2. Add ½ cup magnesium chloride flakes to bottle/jar
3. Add ½ cup Himalayan Pink Salt
4. Close lid and shake to mix.
5. Add to your bath for softer skin and sore muscle/joint pain relief
6. VEGAN ALTERNATIVE: Substitute powdered goat's milk with ¼ cup powder coconut milk



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Moisturizing Body Wash

1. Use graduated cylinder  to measure 15ml Dr Bronner's unscented soap
2. Add to brown bottle
3. Use another graduated cylinder  to measure 15ml olive oil and add to same bottle
4. Close cap and shake gently to mix
5. Use as a moisturizing body wash or shampoo for soft skin and hair



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Honey Avocado Facial

1. Add 1 TSP honey to small container
2. Add 1 TSP mashed ripe avocado
3. Use Popsicle sticks to mix.
4. Store closed in refrigerator for up to 10 days.
5. To use remove a fingertip full of the mix and massage into your face and neck
6. Leave on for 2-15 minutes
7. Rinse with plain water , your moisturizing body wash, or plain Dr Bronner's liquid soap
8. While skin is still damp, massage coconut oil, flax oil or olive oil into skin and enjoy your new youthful appearance & soft skin.
9. ALTERANTE: To make this into a facial scrub, just add $\frac{1}{4}$ TSP ground flax seed