

# Breast Health



Your immune system is your personal protector – it is designed to recognise and eliminate any threat to your body's health. This month, with the spotlight on breast cancer, is the perfect time to make lifestyle changes that provide your body with the right support.

## JUST DO IT

**Eliminate anything that limits your health and wellbeing. Support your body but don't neglect your mind – resolve to deal with emotional issues like anger, resentment and grief.**

## Five Healthy Habits for Females

- 1 EAT.** Ditch sugar and follow a low glycaemic diet. Excess sugar changes the way your body metabolises oestrogen. Oestrogen dominance is a risk factor for breast cancer.
- 2 BREATHE.** Deep breathing is essential. Breathe in and out through your nose to expand the lower lobes of your lungs and activate your 'rest-and-restore' nervous system.
- 3 SLEEP.** Deep, restful sleep zaps stress hormones. Ban your laptop and TV from the bedroom and aim to switch off the bedside light by 9:30 p.m.
- 4 EXERCISE.** Another great stress buster! Walk briskly for 30 minutes every day or get to the gym for strength training, core building and stretching exercises.
- 5 MEDITATE.** Set aside 10 minutes a day to sit quietly where you won't be disturbed, close your eyes and let your mind be soothed and calmed.



## WIN with a Selfie

**Take a selfie and post it on our Facebook page...**

If yours is the most liked, you could be the lucky winner of two tickets to Boyz II Men who will be gracing our shores in December 2015.



BOYZ II MEN & JOE will be performing their greatest hits live at the Dome in December 2015. You could be the lucky winner to sing along out loud and see these soulful legends up-close in South Africa.

To learn more about Phela's wellness solutions or access our products and services, contact **Phela Wellness** on **0800 2 B WELL** (0800 22 9355) or visit [www.phelawellness.co.za](http://www.phelawellness.co.za).

POWERED BY

**phela**  
WELLNESS