



## Women's Health: Breast Health & Screening

Breast health is closely tied to metabolic and hormonal balance. Early screening saves lives, but lifestyle influences risk long before screening age. Understanding both improves prevention.

Insulin resistance and excess body fat increase estrogen exposure, raising breast cancer risk. Inflammation and poor detoxification further contribute.

Labs may show metabolic risk markers years before breast tissue changes occur.

Combining screening with metabolic health optimization reduces lifetime risk.

### 01 Is This Your Story?

A woman stays current with mammograms but struggles with weight and rising insulin. When metabolic health is addressed, inflammation markers fall and overall risk profile improves alongside regular screening.

### 02 Try This Today

**Measure:** Confirm your last breast screening date.

**Do:** Support metabolic health with daily movement and balanced meals.

**Reflect:** Ask whether prevention includes both screening and lifestyle.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

