

# **Chapter 10: Putting it all together and getting started**

## **Contents**

Putting it all together and getting started-Checklist

Proactive Breast Wellness Nutritional Supplement Protocol

How to Use Progesterone

Hormone Symptom Check List

Benefits of Certain Foods

EWG Shoppers Guide for Pesticides

## **Proactive Breast Wellness Program™ by Ingrid Edstrom, FNP, M.Ed**

### **PUTTING IT ALL TOGETHER – CHECKLIST**

#### Reduce your dietary exposure to xeno-estrogens

##### Food choices

- Organic meats

- Organic dairy products

- Organic fruits and vegetables

  - First non-organic to eliminate: strawberries

  - Second non-organics to eliminate: bell peppers, spinach, cherries, peaches, Mexican cantaloupes, celery, apples, apricots, green beans, grapes from Chile, red raspberries, and cucumbers

- Filter water instead of buying plastic bottled water

- If possible, choose foods that are not packaged in plastic

- Avoid BPA plastic lined cans

##### Food preparation

- Stop microwaving food in plastic

- Replace plastic nonstick cookware with metal or ceramic

- Replace plastic cookware, colanders, spoons, and spatulas with metal, ceramic or wood

##### Food storage

- Discard all water bottles that are not BPA free

- If plastic containers must be used, choose BPA free types 1, 2, or 5, and don't store them in a hot car or put hot liquids or foods in them

- Replace plastic water bottles with stainless steel or glass

- Replace food storage containers with stainless steel or glass

- If using plastic wrap, use Glad brand, and do not have it rest against the food

- Use brown waxed paper rather than plastic wrap or other gray waxed papers

#### Acid-alkaline diet

- Purchase and use one of these books:

  - The pH Miracle: Balance Your Diet, Reclaim Your Health, by Robert Young, PhD, and Shelly Redford-Young, or

  - The Acid Alkaline Diet for Optimum Health: Restore Your Health By Changing pH Balance In Your Diet, by Christopher Vasey, naturopathic physician.

- Consider the use of an alkalinizing supplement

Other general dietary recommendations

- Increase dietary omega-3 fatty acids

  - Wild salt water fish (other than shark, mackerel, and swordfish) Or use krill or 1 1/2 ounce walnuts/ walnut oil

- Increase iodine intake (seaweed from Maine/ Iceland, iodized Celtic sea salt)

  - Avoid food additives such as nitrites, bromine, artificial sweeteners, artificial colors, preservatives

  - Natural preservatives such as vitamin C (ascorbic acid) and Vitamin E (tocopherols) are OK

- Avoid soda pop

- Minimize caffeine and chocolate

- Use cold pressed virgin olive oil or organic coconut oil over other oils

- Limit use of phytoestrogen-containing foods such as non-fermented soy, flax, black cohosh, dong quai, hops and red clover

- Limit alcohol usage (not more than 1-2 organic alcoholic drinks per day for women, 2-3 drinks per day for men, not every day, and preferably less)

Nutritional supplements

- Multivitamin with CoQ-10

- Vitamin D3 5000 units daily as minimum supplement/ 8,000 IU in Pacific NW

- Higher dose is usually needed to reach a target blood level of 65 to 70

  - Levels need to be monitored with blood tests at 6 months and adjust dosage

- Estrogen binders

  - Indole-3-Carbinol 400 mg per day OR

  - DIM complex at 100-120 mg 1-2 tabs per day is preferred OR

  - Organic Broccoli sprouts 25-50 sprouts per day raw

- Calcium and magnesium

  - Calcium citrate, calcium maleate, or hydroxyapatite 500 mg per day at bedtime. Do not exceed 1,000 mg daily from all sources

  - Magnesium citrate, work up to 500-750 mg per day

- Omega-3 and other fatty acids

  - Fish or Krill oil 2000 mg per day or 1 1/2 ounce Walnuts / Walnut oil

  - Black current seed oil 2 capsules per day

  - Alternative: borage oil, or evening primrose oil

- Vitamin C at least 1200 mg per day, 2,500 mg preferred or to bowel tolerance

- Iodine: Iodoral 12.5 mg per tab, start with 1/2 tab / day for 1-2 weeks, then increase to 1 tab per day. If Hypothyroid use 3-4 mg per day and monitor thyroid labs. OR

- Seaweed powdered: 1/4 teaspoon = 3mg iodine

Bioidentical Progesterone supplement: Paraben free compounds recommended

- As directed by your clinician/ see "How to Use" sheet, usual initial topical dosage 40-50 mg per day. Maintenance dosage 15-20 mg / day later after testing results stabilized.

- For example Progest USP Cream 1/4 teaspoon applied twice a day

- Noncycling women apply 3 weeks on, one week off each month

- Cycling women days 12 through 28 each month

**Other hormone issues**

Avoid synthetic estrogen and synthetic progesterone/progestin products. This would mean no hormonal contraception or synthetic estrogen/hormone replacement

Choose a clinician experienced in use of bioidentical hormones

Estriol is the preferred estrogen (rather than estradiol or estrone)

Have your estrogen, progesterone, free testosterone, DHEA, and cortisol levels monitored

Testosterone supplements should be avoided in those with breast cancer or at high risk of breast cancer

DHEA is not recommended, it converts to other hormones

**Reduce environmental toxic exposures**

Stop using tobacco, and avoid tobacco smoke

Decrease pesticide exposure (including herbicides and fungicides)

If you must use herbicides, use protective equipment, and minimize its use (such as applying the agent onto the cut stem rather than spraying the entire plant)

Stop using pesticides altogether in your personal environment (preferred)

Lobby neighbors to avoid pesticide/ herbicide use

Lobby city/county/forest agencies to avoid pesticide/ herbicide use

Minimize exposure to exhaust fumes, especially diesel fumes

Minimize exposure to solvent fumes

Avoid products with parabens

Avoid products with petrochemical additives (mineral oil, Vaseline-type products)

Avoid chemical static eliminators/dryer-sheets/fabric softeners in laundry

Alternative includes Maddock's Static Eliminator dryer sheets

Avoid unnecessary X-ray procedures

Discuss necessary breast imaging with your clinician

**Breast care**

Avoid tight fitting clothing across the breasts

Eliminate brassiere underwires

Consider regular dry brushing and lymph massage of the breasts

**General health concerns**

Reduce obesity

Increase exercise, brisk walking for 25 minutes at least 3-4 times / week

Consider genetic counseling/testing if there has been early or prominent breast cancer in siblings or parents

Establish a relationship with a trusted and knowledgeable clinician

Be sure your thyroid function is tested and normalized with your clinician

Especially if you are using Iodoral iodine supplement

Practice stress management

Consider meditation/ relaxation techniques/ Yoga etc

Maintain healthy sleep habits at least 8 hours a night and to bed by 10:00PM

## THE PBW NUTRITIONAL SUPPLEMENT SUGGESTIONS FOR IMPROVING BREAST HEALTH

Protocol developed by Ingrid L. Edstrom FNP, M.Ed. Copyrighted as part of the Proactive Breast Wellness Program.  
Updated on 9-14-17 for the 2<sup>nd</sup> Edition

This protocol is not a substitute for working with your own primary care physician. If you do have cancer, it is important that you work closely with your oncologist. This protocol was created for improving a woman's general health as well as breast health. Our cancer patients utilize this protocol as well as other supplements not listed here for immune support. We help customize a nutritional support program for these women who are also working with their physician teams. The PBW program below is directed towards health promotion with a disease prevention focus. We have written "OR" next to different products to give you different choices or food equivalents. [Click here](#) and visit the Virtual Dispensary to view the product ingredients so you may more easily compare with your current supplements.

**All of these supplements are also available off our PBW Virtual Dispensary with a 20 % discount.** We have put stars next to items as to their importance. We have also noted the dosages that are optimal. If you are taking inadequate amounts, consider changing brands. Within the next year we hope to have our own custom formulations so there will be fewer pills to take. [Sign up](#) on the PBW website in the "Supplement" section to be notified when our new PBW products are available.

<b>***ITEMS ARE MOST IMPORTANT FOR THE PROTOCOL TO BE EFFECTIVE, ** = IMPORTANT; * = HELPFUL</b>
--

### **VITAMINS**

**\*\*\* Food Multi III by *INNATE* – Take 2 tablets three times a day**

**\*\*\* B Complex by *INNATE* - 1 tablet twice a day.**

**\*\*\* C Complete Powder by *INNATE* –1 to 2 scoops daily (Goal is over 2,500 mg daily for heart health) **OR****

**Vitamin C 400 by *INNATE* – 2 to 3 tablets daily.** Increase Vitamin C to bowel tolerance. Good antioxidant and helps decrease colds and flu.

**\*\*\* Vitamin D3 – 8,000 IU daily in Northwest (5,000 IU elsewhere) if lab results over 55. If 20-30 take 10,000 IU by mouth daily and 50,000 IU by injection monthly for 4 months and recheck. If can't do shots start 25,000 IU 1 tab 2x/week of D3 by *Metabolic Maintenance* and recheck lab work every 4 months. If below 20 take 25,000 IU- one tab 3x/week and recheck in 60 days. If 32-45 take 25,000 IU once a week and retest in 4 months. Once you get to optimal range of 55-75, take 4,000 – 5,000 IU daily for maintenance if you live in a sunny climate. If you have a chronic health condition or have breast cancer concerns, get your lab values over 65 & below 95. Having your Vitamin D at an optimal level at the time of surgery or biopsy increases your survival rate by 65%. A good goal is 70 to 75. PBW lab kits are also available for you to check your levels at home and share with your physician.**

\*\*\***Vit D3** by *INNATE* which includes (450 mcg K1 and 50 mcg K2)

**OR**

\*\*\* **Vit D3** 5,000 IU by *Metabolic Maintenance* and **also add Vitamin K2** (see below) for better absorption

\*\*\***Vit K2** 150 mcg by MK-7 *Bio Tech* **OR** eat organic Natto or dark greens

### **Minerals**

\***Calcium Citrate** by *Douglas* **250mg** 2 tabs at bedtime (500 mg daily). New research advises avoiding higher doses due to cardiovascular plaque and micro-calcifications in the breast. Calcium Maleate is also well absorbed. Avoid using Calcium Carbonate, poor absorption.

\*\*\***Magnesium Citrate** by *Allergy Research Group* **170mg** 4-5 tabs daily in divided dosages (Needs 500-750mg daily) (Softens stool- good for constipation)

**OR**

\*\*\***Magnesium 300 Powder/Tablets** by *INNATE* 300 mg per scoop daily (Goal is 500-750mg daily in divided dosage).

\*\*\***Magnesium Glycinate 125 mg** by *Metabolic Maintenance* (to avoid loose bowels) Take 2 tablets twice a day and one at bedtime to get in the 700-750 mg range

\***Rebuild Plus Osteoporosis Form** by *Metabolic Maintenance*

### **Adrenal-support**

\*\*\***Adrenal Response** by *INNATE* - 2 tablets daily in the AM (If you do not feel overly stressed, omit this but it helps with adrenal fatigue and poor thyroid function)

### **Antioxidants**

\*\*\***Theracurmin** by *Integrative Therapeutics*, or **Curapro 325 mg** by *EuroMedica* **OR** sprinkle Tumeric on foods

\*\*\* **Resveratrol with Piperine** by *Metabolic Maintenance* **200 mg** – One capsule daily with meals **OR** **Grapeseed Oil** - 1 tsp daily

**OR**

\*\*\***Paleo Reds** by *Designs for Health* - one scoop daily

### **Estrogen Regulators**

**NOTE: \*\*\*Organic Broccoli Sprouts.** (If you eat these plus Resveratrol, you may omit I-3-C and DIM in tablet form. Kills off breast cancer stem cells)

\*\***Ultra I-3-C** by *Douglas Labs* **200mg** 1 tab twice per day with meals (400 mg total)

**OR**

\*\***DIM-Avail/ Dindolylmethane** by *Designs for Health* **100mg-120 mg** 1-2 tabs per day

## **Digestive Wellness**

**\*\*\*Eat Fermented Foods** which are loaded with probiotics like raw sauerkraut, organic kefir/ yogurt, kombucha.

**\*\*\*Similase Digestive Enzymes** by ***Integrative Therapeutics*** – **Take 1 cap before meals** OR eat slices of organic papaya or pineapple, OR make a strong fresh organic ginger tea. These foods have digestive enzymes in them.

**\*\*\*Flora 50-14 Clinical Strength Probiotics (50 billion organisms & 14 strains)** by ***INNATE*** - One tablet daily after food (REFRIGERATE).

**OR**

**\*\*Mega Probiotics** by ***DaVinci*** (5 billion organisms & 9 strains) - 2-3 caps daily (REFRIGERATE).

## **Oils / Fatty Acids**

**\*\*Black Currant Seed Oil** by ***DaVinci*** 2 caps per day.

Contains: Linolenic Acid 640mg, Gamma Linolenic 80mg, Alpha Linolenic 150mg.

**OR**

**\*\*Evening Primrose Oil** by ***Barlean's (organic)*** OR **Metabolic Maintenance** 1,300 mg (same amounts of EFAs).

**OR**

**\*\*Borage Oil** by ***Barlean's (herbicide and pesticide free)*** 1,000 mg daily.

**The three oils above help with tender breasts/dry eyes/ dry skin.**

**\*\*\*If Estrogen Dominant use Fish Oil or Krill Oil *Carlson's Cod Liver Oil* with Lemon** 1 TB daily (If indigestion occurs take in capsule form and freeze them, and take with juice. Fewer "Burps").

**ProOmega** by ***Nordic Naturals*** 2 per day. **Don't** take large amounts of fish oil if on Coumadin. It is a blood thinner. Check with your MD.

Vegetarians may eat **1 ½ ounces of Walnuts** a day or **CHIA SEEDS** for their Omega 3s.

**If Estrogen dominant, avoid extra Flax or non-fermented soy/tofu.** Miso and tempeh are OK.

## **Progesterone**

**\*\*\*Progesterone must say the following, USP Micronized Bio-Identical 40-50mg daily total.**

Apply ¼ teaspoon or 20 mg topically to wrists/forearms **then** apply and massage into the breasts. If you put it on your hands, you wash off a portion of the dose. **For Menopause**, apply twice a day for 3 weeks on and 1 week off. **OR** Monday thru Friday twice daily, don't use on weekends.

**If cycling**, use twice a day starting on day 12 through 28 then stop using it until your next cycle on day 12. [First day of flow equals day one]. Some women can later decrease to using Progesterone just at bedtime since it also helps sleep. **PBW hormone test kits may also help you test your levels to find out what hormones you may be needing if you are deficient.**

**OTC (over the counter) Progesterone ProGest** by *Emerita “Paraben Free”* – (see instructions above and progesterone sheet). These may need to be adjusted during treatment. If the OTC just says “Natural Progesterone from Wild Yam” **don’t buy it**. It must say the words about it being pharmacy grade **(USP), Micronized Bio-Identical and a dosage in milligrams** per some amount.

### **Iodine (Review the How to Take Liquid Iodine Sheets First for correct dose)**

**\*\*\*Iodine/seaweed-** increase Celtic sea salt and seafood\*\* Eat Seaweeds from Iceland, Norway and Maine to avoid contaminated Asian seaweeds. **1/4 tsp powdered seaweed = 3 mg iodine** Eat Sea Vegetables such as Nori, Sea Crunchies, Wakame, Kombui, Hijiki and Dulse. They have large amounts of Iodine and they tend to alkaline your system. Source: Sea Seasonings Organic Dulse Granules, Maine Coast Sea Vegetables, [www.seaveg.com](http://www.seaveg.com) **Or instead you can take \*\*Iodoral. If Thyroid problems & on Thyroid replacement then use only 3-4 mg iodine daily** and check with your physician before starting.

**Lugol’s Solution 2% by J.Crow or 1/2 strength.** One drop = 3mg and dilute in a glass of water. Start slowly and increase in 1 week to 2 drops or more. Can take smaller amounts as liquid and dividing a glass of water in 1/2 with 1 drop in glass = 1.5mg.

**\*\*\*Iodoral 6.25 mg per tab (Iodine) by Optimox®** - Start slowly with 1/2 a tab daily for 2-4 weeks then increase to 1 tab daily. If you get palpitations, jittery, trouble sleeping, anxious or metallic taste then cut back to previous dose. Some conditions require more iodine but work with your physician. Do a temperature journal to monitor your metabolic activity. If your morning temperature is below 97.8 you may be hypothyroid. **PBW provides Iodine and Thyroid test kits for further clarity.**

### **Immune Support**

**\*\*\*Cellular Immune Support** (mushroom blend) by **Gaia Herbs** – 1 scoop daily  
Check website for other protein powders.

### **Fiber**

**\*\*\*Acacia Fiber Organic** by **NOW**.

Try Chia seeds- 1 teaspoon daily in liquid or rice/ oat/ wheat bran/ Psyllium for fiber instead of flax seed if estrogen excess is a problem.

**Lymphatic Drainage Massage** may be helpful for thickened areas. One hour DVD available on PBW website. No underwire bras/aluminum antiperspirants.

**Compare and SAVE at [www.ProtectYourBreasts.com](http://www.ProtectYourBreasts.com)**

**GET 20% OFF ALL YOUR SUPPLEMENTS FOR YOU & YOUR FAMILY ON OUR PBW WEBSITE!**



## Get 20% Off Supplements in Our Virtual Dispensary

Find out how you can receive **20% off ALL YOUR SUPPLEMENTS** purchased through PBW. We provide high quality supplements for breast health as well as general health plus immune support offered through hundreds of brand name companies to help you improve your health. Order from the trusted sources that your physicians and nutritionists order from.

**Compare what you are taking now with what we offer at a 20% discount through our nutrition partnership with Emerson Ecologics and Innate via Wellevate, their new online platform. If you or your family are using other supplements now from other sources GET a 20% DISCOUNT on all these same brands for all of them through PBW to save you money!**

## Ordering Instructions for the Wellevate Dispensary

The sign-up and ordering through the new Wellevate platform is greatly simplified and easier to use. To purchase any of the supplements seen on this website, do the following:

1. Go to the [protectyourbreasts.com](http://protectyourbreasts.com) website and navigate to the “Supplements section ([link](#))
2. Click on the “Buy Now” button to be taken to the Wellevate website
3. If you already have an account, you may log in with your username and password
4. If you DO NOT have an account, you may easily register by entering some basic details:
  1. Name
  2. Email Address
  3. Address
  4. Password
5. Once logged in, you will be presented a list of Ingrid Edstrom’s “Favorites,” which contain the same supplements found on this website. You are also free to get 20% off any of the Emerson/ Wellevate products found on the website. The” Favorites” are the products Ingrid has chosen for the Proactive Breast Wellness Protocol as a guide to make shopping easier.
6. Select your desired supplements
7. Purchase!

**Note:** If you have any issues with registration, please call Wellevate at (855) 935-5382. Please do not Call Proactive Breast Wellness as they have no control over the account information maintained at Wellevate. You may also place your order via phone if you do not wish to order online.

## **How to Use Bio-Identical Progesterone Topically (Directions: Ingrid Edstrom, FNP)**

### **Progesterone in an Oil Base**

I usually mix up the Progesterone solution by stirring or shaking the bottle you get from the compounding pharmacy so the powder that sinks to the bottom is stirred up. You can then see how much one drop looks like with the dropper and put the drops on your wrist and then from there massage into thin skin like your breasts, inside your arms, thighs, neck, behind your knees or elbow creases. Probably avoid the abdomen since it slows down bowel motility and most of us have too much padding in that area.

You may also try shaking the solution/ stirring and then use a finger to apply the drops to the thin skin once you feel comfortable with dosing. I would also rub the dose in with your forearm or wrist because if you have it all over your palms you will be washing off most of your dose. We do not wash the wrists so often and it will have a chance to absorb. ( When a woman is 9 months pregnant she is making about 800 mg of progesterone a day. The dosage of compounded progesterone or over the counter progesterone is only 15 to 20 mg per dose....so it is quite safe if you get a bit more or less onto your skin.)

**For the Menopausal women:** Use 4 drops on your skin in the AM AFTER your shower and another 4 drops topically before bedtime....it will also help you sleep and usually improves your moods/ and you become more mellow. You can transfer about a week's worth to a larger mouth small jar later so you can get all of it out with your finger when the jar is low. Use colored glass or tape on some pretty paper to avoid sunlight. The progesterone in oil can sit happily for at least 45 days on a counter at room temperature, but I usually put the stock bottle back in the refrigerator until I need more.

You can use it Monday through Friday and off the weekend. Or you can use it 3 weeks on and one week off. Most of us do better remembering the Monday through Friday regimen. Usually 40- 50 mg per day.

**For Cycling women:** Start day 12 through day 28 and then stop during your period. Count the first day of bleeding as day one. For some of the younger women they may only use progesterone once a day since they are still making some of their own progesterone. We usually discuss this during the office visit as to your particular situation. When you are cycling you are usually making 15-20 mg per day.

### **Over The Counter Progesterone:**

The progesterone purchased in the store or on line must say USP (US Pharmacy grade), Micronized or Bio-identical Progesterone and it should say exactly how many milligrams of progesterone you will be getting per 1/ 4 teaspoon for example.

If it says "Natural progesterone from wild yam" but nowhere can it tell you the dosage per ¼ teaspoon or it does not say USP (US Pharmacy grade), Micronized or Bio-identical Progesterone, then do not purchase this brand. It is a progesterone "Precursor" but you will not be able to absorb it. Also totally avoid any product that has "Parabens" in it. For example: Ethyl Paraben/ Methyl Paraben....these chemicals are preservatives and cause cancer.

### **Lymphatic Drainage Massage:**

May be helpful for thickened areas. No underwire bras/aluminum antiperspirants.

Remember you can get 20% off your over the counter progesterone or any of your other favorite supplements through my Proactive Breast Wellness website.

## Symptom Lists (Female)

### Estrogen Deficiency

- Hot flashes
- Sleep disturbances
- Dry skin
- Foggy thinking
- Heart palpitations
- Painful intercourse
- Low libido
- Night sweats
- Vaginal dryness/atrophy
- Headaches
- Memory lapses
- Yeast infections
- Depression
- Bone loss

### Estrogen Excess

- Water retention
- Breast swelling and tenderness
- Craving for sweets
- Fibrocystic breasts
- Uterine fibroids
- Nervousness/anxiety/irritability
- Heavy, irregular menses
- Fatigue
- Weight gain
- Mood swings
- Low thyroid symptoms

### Progesterone Deficiency

*Many of the symptoms of Estrogen Excess, including:*

- Swollen breasts
- Headaches
- Anxiety
- Irregular menses
- Cramping
- Infertility
- Acne
- Weight gain
- Low libido
- Mood swings
- Depression
- PMS
- Fuzzy thinking
- Joint pain

### Progesterone Excess

- Somnolence
- Mild depression
- Candida exacerbations
- Gastrointestinal bloating
- Breast swelling
- Exacerbates symptoms of estrogen deficiency

### Testosterone Deficiency

- Fatigue, prolonged
- Memory problems
- Decreased libido
- Muscle weakness
- Heart palpitations
- Bone loss
- Incontinence
- Fibromyalgia
- Mental fuzziness
- Depression
- Blunted motivation
- Diminished feeling of well being
- Thinning skin
- Vaginal dryness
- General aches/pains



## Symptoms List (Female) (cont'd)

### Testosterone Excess

- Acne
- Deepening of voice
- Irritability/moodiness
- Loss of scalp hair
- Male-pattern hair growth
- Clitoral enlargement
- Insomnia

### Low Cortisol

- Fatigue
- Cravings for sweets
- Chemical sensitivities
- Symptoms of low progesterone
- Allergies
- Irritability
- Symptoms of hypothyroidism

### High Cortisol

*Same symptoms as low cortisol, including*

- Bone loss
- Sleep disturbances
- Low libido
- Anxiety
- Anxiety
- Depression
- Hair loss
- Elevated triglycerides

### Low Thyroid Function

- Fatigue (especially evening)
- Cold extremities
- Low libido
- Dry skin
- General aches and pains
- Depression
- Scalp hair loss
- Brittle nails
- Low pulse rate/blood pressure
- Memory lapses
- Heart palpitations
- Constipation
- Low stamina
- Low body temperature
- Headaches
- Intolerance to cold
- Weight gain
- Anxiety
- Swollen, puffy eyes
- Decreased swelling
- Poor concentration
- High cholesterol
- Infertility
- Fibromyalgia



**PCCA**



©2004 PCCA. All Rights Reserved.

***Share this Chart with everyone***

Apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smooths skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
Figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
Grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smooths skin	Stops scurvy
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smooths skin	Stops scurvy
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones

Oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
Olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
Peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
Peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates Diverticulitis
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
Strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
Walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
Watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Wheat germ	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
Wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
Yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion



EWG's 2017

# Shopper's Guide to Pesticides in Produce

 CUT ALONG LINE



## INSTRUCTIONS:

1. CUT ALONG OUTSIDE LINE.
2. FOLD ALONG MIDDLE LINE.