

# A Call To Women!



## The Healthy Breast Program

### Take control

The increasing rate of breast cancer among women of all ages is one of the most alarming phenomena of our times. But you need not be a victim. There are many, proven prevention strategies that, together, can give you the tools to start living a healthier life and reducing the risk.

The "Healthy Breast Program" is designed to educate and support women in maintaining and improving the health of their breasts. Conceived by Sat Dharam Kaur, a naturopathic doctor and Kundalini Yoga instructor, the program is brought to you by Susan Randall, an educator, yoga therapist and lifestyle coach.

### A flexible program

The focus of the Healthy Breast program is

- education,
- detoxification, and
- rejuvenation.

The program is flexible and can be designed to meet the precise needs of the client.

For groups, a typical schedule is eight monthly sessions of two to three hours each; alternatively, three weekend days spread over three months. A condensed, two-hour version is also available (Breast Health Tips) for teenage girls or in a corporate environment.

Private consultations are also available. In all cases, the idea is to allow time between sessions to put into practice the principles and techniques we learn.

### The program includes:

- self massage/examination techniques,
- practices to improve lymphatic circulation,
- how hormones interact to affect breast health and natural ways to balance them,
- environmental links to breast cancer and ways to help eliminate environmental toxins from the body,
- dietary and nutritional strategies,
- emotional and spiritual links to breast cancer,
- the importance of exercise and yoga.

### Susan Randall

English-born Susan Randall, a teacher and educator, has spent 15 years of study in India where she earned a degree in meditation and advanced yoga sciences. After her dance with breast cancer in 2002, she embarked on a search for the causes and influences related to the disease. She has become passionate about educating women on her findings.



Telephone: 819.459.1160

Email: [lifestyle@magma.ca](mailto:lifestyle@magma.ca)



"Bringing  
the wisdom  
of the ages  
into the heart  
of everyday life"