

**ANTECEDENTS**

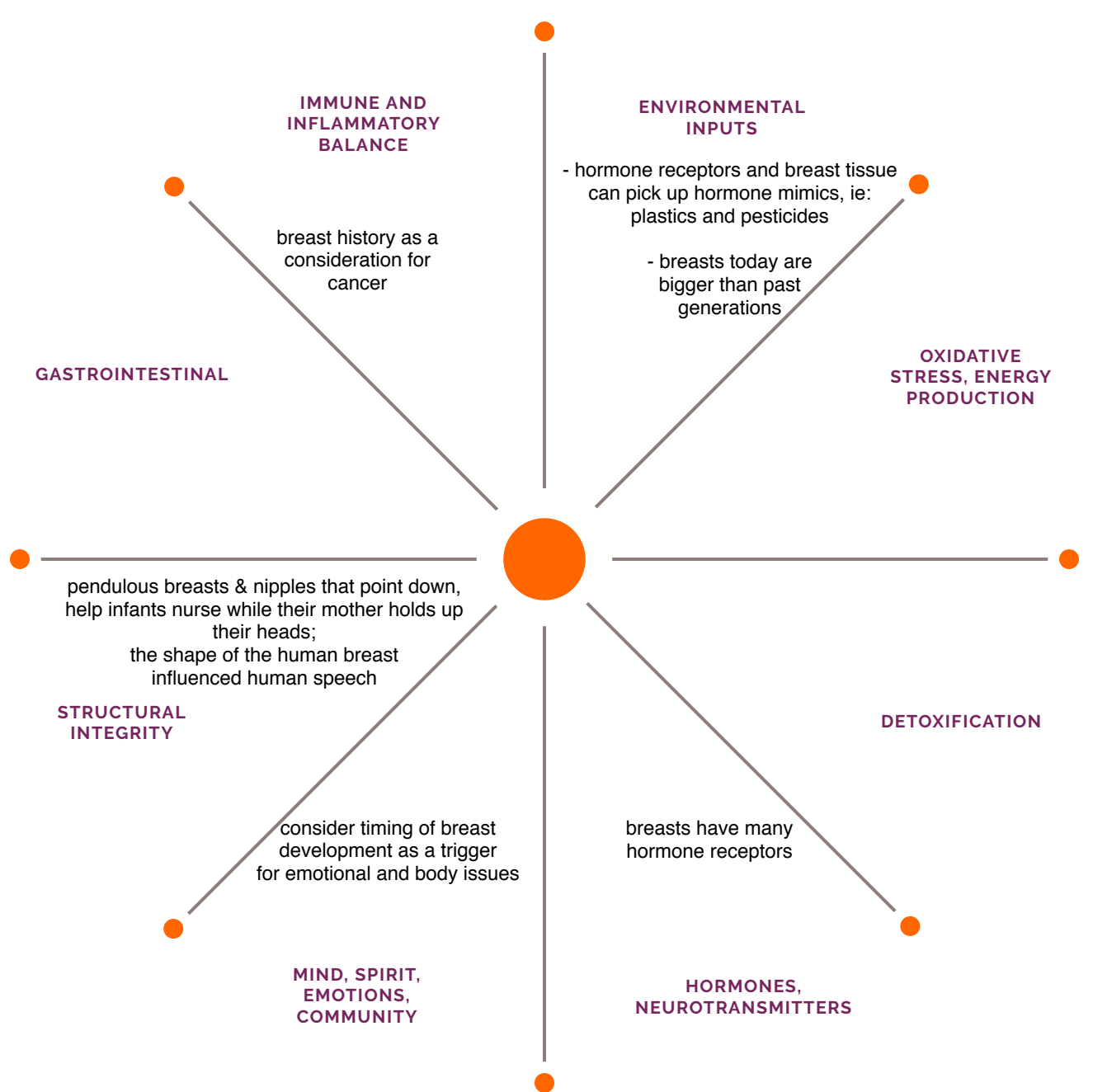
- humans have breasts from puberty onwards as opposed to other mammals whose breasts appear only for lactation
- lactation evolved as a way to support the immune system
- prebiotics in breast milk set the stage for a healthy microbiome

**TRIGGERING EVENTS**

- early breast development can be a trigger for psychological and social issues, as well as physiological issues later in life
- breast implants can cause complications with the immune system

**MEDIATORS**

- estrogen mimics can cause early puberty



**SLEEP/RELAXATION**

**EXERCISE/MOVEMENT**

- research confirms exercise to be helpful in breast cell health

**NUTRITION/HYDRATION**

**STRESS/RESILIENCE**

- research confirms exercise to be helpful in breast cell health

**RELATIONSHIPS/NETWORKS**