In the United States, breast cancer affects about one in eight women over the course of their lifetime. Breast cancer is a cancer that starts in the tissues of the breast and is either diagnosed as ductal carcinoma or lobular carcinoma. Most breast cancers are ductal carcinoma, which starts in the ducts, rather than the lobules, where lobular carcinoma originates. Depending on how early it is detected, most forms of breast cancer are treatable and not fatal. While it is not as common, men can develop breast cancer as well.

A recent analysis conducted by researchers at the University of North Carolina at Chapel Hill revealed that either mild or intense exercise before or after menopause may reduce breast cancer risk. However, significant weight gain may negate the possibility of prevention. This study was published in Cancer, which is a peer-reviewed journal of the American Cancer Society.

The recent study conducted at UNC included 1,504 women who had breast cancer (233 non-invasive and 1,271 invasive) and 1,555 women without breast cancer. The ages of the women ranged from 20 to 98 years old. This study was part of the Long Island Breast Cancer Study Project, which is an investigation of possible environmental causes of breast cancer.

The results of the study indicated that the women who exercised, regardless of the phase of life they were in, had a reduced risk of developing breast cancer. Those who exercised 10 to 19 hours per week benefited the most, and saw about a 30% reduced risk in developing cancer.

Lauren McCullough, who led the study and is a doctoral candidate at the UNC Gillings School of Public Health, stated, "The observation of a reduced risk of breast cancer for women who engaged in exercise after menopause is particularly encouraging given the late age of onset for breast cancer."

Even though it was discovered exercise reduces the risk of breast cancer, the extent and duration of the exercise required to reap these benefits is still not known. It is also unknown whether or not women with certain body types experience a reduced risk when they exercise, and if exercise reduces the risk of all types of breast cancer.

Additionally, the results of the study indicated women who were active yet experienced a significant amount of weight gain, especially after menopause, had an increased risk of developing breast cancer. This indicates that the cancer-reducing risk benefits of exercise are nullified if a healthy weight maintenance protocol is not followed.

With the variety of things that wreak havoc on our digestive systems these days, it may seem impossible to try to get back in balance and restore yourself to optimal health. But it’s not just about digestive issues alone, as gastrointestinal health can be the root cause for many other health issues including brain and mental health.

However, with a bit of planning and time, it’s entirely possible to restore the full health of your gastrointestinal system, which can have major positive effects on your entire body, from mood, to memory, and more. The health of your gastrointestinal system is extremely important to your overall well-being. Largely responsible for the critical functions of the body’s digestive and immune systems, beneficial bacteria in your digestive system have the capability of affecting your body’s vitamin and mineral absorption, hormone regulation, digestion, vitamin production, immune response, and ability to eliminate toxins, not to mention your overall mental health.

Digestion, mood, health, and even the way people think is being linked to their “second brain,” i.e. their gut, more and more every day. The Enteric Nervous System, or ENS, is what scientists are calling the 100 million or so nerve cells that line the entirety of people’s gastrointestinal tracts. The main role of the ENS is to control digestion, but in doing so, it communicates back and forth with the brain as to the overall health of the body’s gut, and in turn, its immune system.

The connection between gut health and mood has been known for some time, as individuals suffering from bowel disorders such as Celiac disease, irritable bowel syndrome, or leaky gut are more likely than others to also suffer from autoimmune diseases and mental issues such as depression and anxiety.

The type of food that a body processes can have a huge positive effect on the functions of the brain. And when the gut is healthy, the brain is happier. Certain microbes found in the gut can work to help heal and protect the brain in the long-term.

What can you do?  
- Take a probiotic or supplement.  
- Reduce stress levels.  
- Eat more fiber through fruits, vegetables, whole grains, etc.  
- Drink plenty of water.  
- See a doctor if you notice severe health problems.

Sources: Nava Center, Healthline

Healthy Cooking: Thai Peanut Chicken

**Ingredients**
- 1/2 can coconut milk  
- 1/2 cup red curry paste  
- 1/2 cup creamy peanut butter  
- 1/2 tablespoon salt  
- 2 tablespoons white vinegar  
- 1 teaspoon ginger, grated  
- 2 teaspoons garlic, minced  
- 1/2 cup cilantro, chopped  
- 1 pound chicken breast, cut into thin strips or chicken drumsticks and remove any unwanted fat.

**Directions**
- In a large mixing bowl, whisk together coconut milk, red curry paste, peanut butter, salt, white vinegar, grated ginger, minced garlic, and chopped cilantro.  
- If using chicken breast: cut into thin strips and remove any unwanted fat. Place the chicken breast strips in the large mixing bowl, and cover with the sauce to marinade for about 1 hour, longer if time is available. If using chicken drumsticks, simply add to the mixing bowl, cover and let marinade for at least 1 hour.  
- If using chicken breast: in a medium-sized skillet, over medium heat, add chicken with the marinade and simmer until chicken is cooked through, about 5-8 minutes. Serve over rice and enjoy.  
- If using drumsticks: cook on the grill over medium heat, basting and turning as needed to evenly cook and crisp up chicken skin.
Myths and Truths about Buying a Home

Buying a home isn’t easy. To alleviate (some of) the headaches that come with buying a home, familiarize yourself with these myths and truths:

**Myth:** You need a 20% down payment. False! There’s an array of loan options that don’t require 20 percent down — in fact, this amount is rare in today’s homebuying market.

**Myth:** If you get a prequalification, you will be approved for a mortgage. False! Getting the letter is a recommended early step to show you’re a serious buyer, but it doesn’t mean a loan approval is guaranteed.

**Myth:** You need a perfect credit score. False! Although it might not be ideal, many borrowers are able to secure a home loan even with not-so-stellar credit, especially if they have a significant down payment and strong income.

**Myth:** You can do it without a professional. False! While bypassing the real estate agent or mortgage broker can save you money in some cases, rarely does the homebuying process go so smoothly that you couldn’t benefit from expert input. A professional can help you navigate unforeseen obstacles.

**Truth:** Buying a home takes time. True! It takes 46 days, on average, to close on mortgage loan applications. In other words, don’t count on finding and closing on a home before your rental lease ends next month.

**Truth:** Once you find a home, be prepared to move quickly. True! Almost half of the homes sold in August 2016 were on the market for less than one month. People who casually go out and find something that’s perfect, but who aren’t really ready, can find themselves scrambling.

**Truth:** Small savings add up over time. True! The difference between a 3.5 and a 4 percent mortgage interest rate equals thousands of dollars over 30 years.

The people who have the best homebuying experiences are the ones who take the process seriously. Educate and prepare yourself, and you’ll be opening the door to your new home in no time.

Source: [https://thelily.com/myths-and-truths-about-buying-a-home-ed6a8f0295a4](https://thelily.com/myths-and-truths-about-buying-a-home-ed6a8f0295a4)
Eating right can reduce your risk of developing some cancers. These recommendations are similar to those for preventing other diseases such as heart disease and diabetes.

**Keep a healthy weight.** Try to maintain a normal body mass index (BMI). Weight in the belly along with obesity is most closely connected with an increase in some cancers.

**Limit calorie dense, nutrient deficient foods.** Reduce your intake of foods with added sugars and unhealthy (solid) fats that contain a lot of calories and minimal nutrients. Try to limit foods that are processed snack foods, desserts, fried food and sugar-sweetened beverages.

**Eat vegetables, fruits, whole grains and legumes.** It’s not clear exactly what components in fruits and vegetables are the most protective again cancer. Therefore, enjoy a variety of fruits and vegetables. Fill your plate with fruit and vegetables and make your plate at least half whole grains.

**Moderate your meat portions.** Some studies have shown a link between cancer and red meat consumption, especially processed meat such as ham, bacon, and hot dogs. Enjoy protein in moderation and include a variety of lean protein foods. Also, add plant based protein sources into your diet such as beans, tofu, tempeh, eggs, seitan along with many others.

**Limit alcohol.** Evidence suggests that alcohol may increase your risk of a number of cancers. If you are to consume alcohol, the recommendation is to limit alcoholic drinks to no more than 1 drink daily for women and 2 for men.