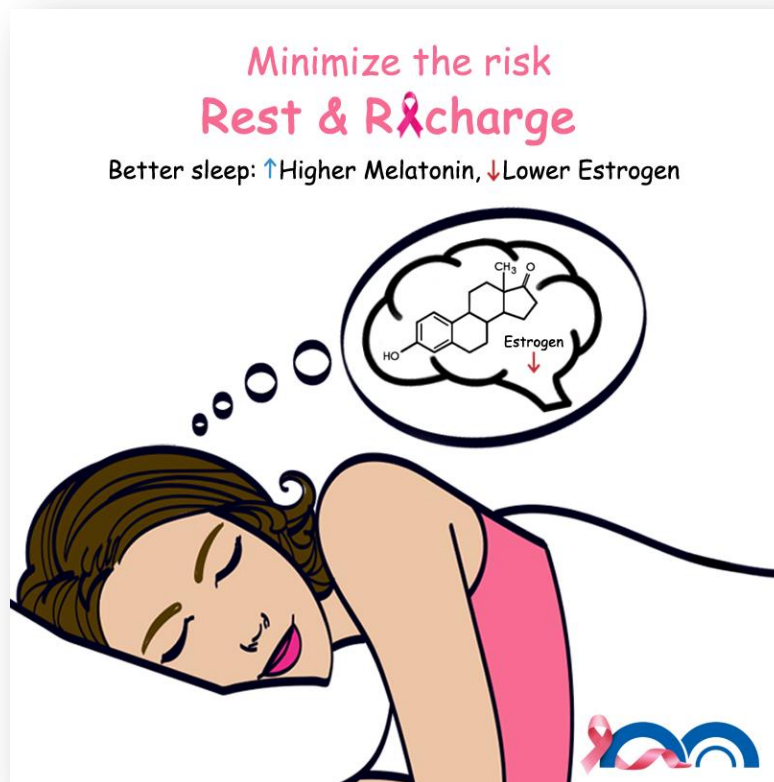




October 30, 2018

MINIMIZE THE RISK REST & RECHARGE



Giving your body the rest it needs allows your brain to produce cortisol, the hormone that helps in regulating the immune system activity, and melatonin, a hormone with anti-oxidant properties. Cortisol releases certain “natural killer” cells that enable the body to fight cancer. Melatonin, on the other hand, lowers estrogen production and thus reduces the risk of breast cancer.