

MYSTIC AURA

MAGAZINE

ISSUE 24 / VOL 02

FEBRUARY 2022

**Valentine's
day** Go Green

World
Cancer Day
Closing the Care Gap

Designers
Amazing designs

LOVE

unconditional feeling

Beauty
*makeup &
hairstyle*

**Fashion &
jewellery**
*expression of
personality*

**AURA
EXCLUSIVE**

very talented and
beautiful model, actress
and dancer

Swatie
Ghatkar

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Be strong and conquer the world.

WORLD
CANCER
4th February **DAY**



MYSTIC AURA The team



GITALI PATHAK DEKA *Proprietor & Editor-in-chief*

She is a model, an educator and also a Master Trainer under the BRITISH COUNCIL. A lady with principles, positive vibes who always loves to inspire others to fulfill their dreams. Confidence, determination, will power and faith in God, her strength. Her indomitable talent in fashion world is known by all. She has been successful in winning many titles in State, National and in International level, Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She is Mrs India International (2nd runners-up) at Sri Lanka, Colombo.



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She is a model, an educator and also a Master Trainer under the BRITISH COUNCIL. A lady with principles, positive vibes who always loves to inspire others to fulfill their dreams. Confidence, determination, will power and faith in God, her strength. Her indomitable talent in fashion world is known by all. She has been successful in winning many titles in State, National and in International level, Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She is Mrs India International (2nd runners-up) at Sri Lanka, Colombo.



SANTANU BAISHYA *Chief Managing Editor*

He is a model, model co-ordinator & an employee working in a private company. A man who is sincere, disciplined, believes in hardwork, honesty and being comfortable in his own skin. Loves to help others always.

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EDITOR'S NOTE



Ferbruary, the most awaited month of the year. In other words, a month of love or sharing love that has the power to bring hearts together and put in a bonding for life forever. When the word love peeps in our mind, a thought that reflects is the love between a girl and a boy. Can't love be between a mother and a child, brothers and sisters or between friends for any other things of God's creation that exists in this world? History reveals the fact and it's true that love is the connection of two beautiful souls whoever it might be. And I believe that it's the most beautiful feeling that one can have and is enough to be happy to live in this world.

Valentine's Day falls on this month, a great day for the lovers and now we can see the ambience and feel the atmosphere that makes each and everyone feel special. Mystic Aura team has forwarded this love in different shades through the articles followed by articles on World Cancer day and fashion as regular topic of the issue. Hope, all the readers will enjoy reading.

Happy Valentine's Day.

Regards,

Gitali Pathak Deka

Editor-in-chief.

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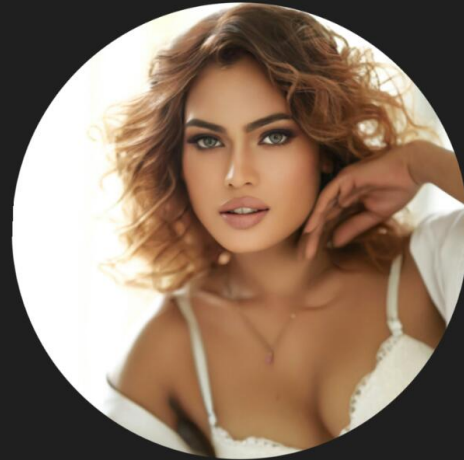
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ON THE COVER



Photography Abhijit Boruah

Costume Meghna Mehzabin

Makeup Ranjan Kashyap

COVER MODEL

Simi Saikia

Started her career in the year 2013 as a fashion model and since then she has been a renowned face in Assam. Living in Guwahati, this 26 year old model has amped up her journey of modelling by working with many accomplished designers. She has also effectively groomed and choreographed many fashion shows. She has also organised a fashion show called 'Pre Valentine Fashion Show' in the year 2016.

Today, with her enriching experiences, she is a professional print model and intends to work as one in future. Her other interests includes cooking, gardening, music and dancing. She adheres to the motto "Do your best until you know the better of that best and then when you know it, do that best".



GO GREEN

THIS VALENTINE'S DAY

"While Flowers Wilt & Chocolate Seems to Vanish..."

For Valentine's Day, Plant a Tree as a Symbol of Your Ever-Growing Love!"

Planting trees in honor of your loved ones is a perfect way to show you care this Valentine's Day. Everyone who receives this thoughtful gift will know your heart is truly in the right place!

Valentine's Day is going to be here before you know it. Hundreds of millions of cards, knickknacks, chocolates, flowers, stuffed animals, and holiday novelties will be bought. But there is a better way to express your love and teach the compassion and love inspired by Valentinus, the patron saint of lovers.

To make up for all of the Valentine's Day cards that will most likely get thrown in the trash, you can plant a tree as an enduring symbol of your love for your sweetheart and Mother Earth.



By Sanskar Nagar

Medico | Green Activist |
youth Motivator

Founder : Being Caring
Organisation



By planting a tree around your home, not only will you honor your loved ones and the environment, but you will also save money and energy. Flowers are so standard as to be expected.

A tree takes your love to the next level.

Did You Know?

A tree-shaded neighborhood is around 6 degrees cooler than neighborhoods without trees. In addition to helping cool down the neighborhood, you can reduce your air conditioning costs by around 15-20%.

Windbreaks around the north, west and east sides of the home can cut fuel consumption by around 40%.

The dead air space that is created helps insulate your home in both summer and winter.

Plant a Tree in the Name of Love:

Although you want to plant your tree in the name of love and honor, there are many other benefits involved:

1. Planting a tree in the right place around the home will provide shade in the summer and wind blockage in the winter.
2. Deciduous trees allow you to take advantage of solar heat rays in the winter.
3. The full leaves in the spring and summer shade your home, yard, patio, and other areas from the hot and harmful solar rays.
4. Large objects like trees will create a windbreak for winter winds.
5. Reduce energy costs by up to 30%.
6. Improve comfort and time spent outdoors.
7. Lower noise and air pollution.
8. Increase the value of your home (around 10-20%).

Last but not the least it will make your soul "Happy".

If you still aren't ready to plant a tree for Valentine's Day, consider a few houseplants instead. There are many psychological and physiological benefits to houseplants, not to mention the huge boost in indoor air quality.

So, in addition to that bouquet of roses, consider gifting any of the following air-cleaning houseplants (as recommended by NASA):

Dwarf Date Palm

Boston Fern

Spider Plant

Chinese Evergreen

Bamboo Palm

Weeping Fig

Devil's Ivy

Flamingo Lily

English Ivy

Variegated Snake Plant

Peace Lily

Before you purchase your houseplant, please make sure it is nontoxic to children and pets.



Happy Valentine's Day

Love Is In The Air, I Can Smell It Everywhere!!



This is a day where the word love becomes very prominent. We are reminded that love is the air and it can be smelled everywhere. It is most unfortunate if it could be felt on this special day only. It must be felt everyday. We need to feel it even though we may be angry, sad or depressed on some particular day. We are prompted that today is a very special day and must show how true our love is towards our other halves.

However, must the outpouring of love only be towards our other halves? What about our friends, family and the less fortunate? They also want people to show them love.

Therefore, besides dating our love ones, show your parents and siblings how much you love them. Just give them a hug, buy them a simple gift or write a letter to them (do not SMS). Tell them you love them despite all the disagreements because we are family. Blood is always thicker than water.

I am always reminded that my parents would not be around one day. I still love them despite their constant nagging, will always be a good child towards them and will look after them until they are six feet underground.



For your friends, buy them gifts as simple ones would do. Write letters to your friends telling them how appreciative you are for their friendship. I mention write, do not SMS!!!!

Organise a get together with your friends if it is possible with your other half. Oh dear, I think those who want to have private dinners with their other halves would not be happy with me. Home parties (pot luck) will be great!! Do not have to spend so much money in order to show love.

Call me old fashion but a good valentine's day outing would be going to my favourite hawker centre and ordering wanton mee, fried kway teow and carrot cake. Of course, not forgetting my favourite hawker centre drink, sugar cane!!!



Visit an elderly home before going on a valentine's date. Bring food for them. Some elderly folks do not get visitors all year round. They yearn for their loved ones to visit them but they do not. Trust me, you will be a beautiful soul if you show your love to such a person. Their smile will make you tear!!

Notice that I have been telling you to write letters and not to SMS!!! Yes, have that personal touch! Bring back the art of letter writing.

So have a wonderful Happy Valentines day!! Enjoy this day but do not forget to show your love to your family members, friends and the less fortunate. Take care.



By Vanessa Jacqueline Dcruz

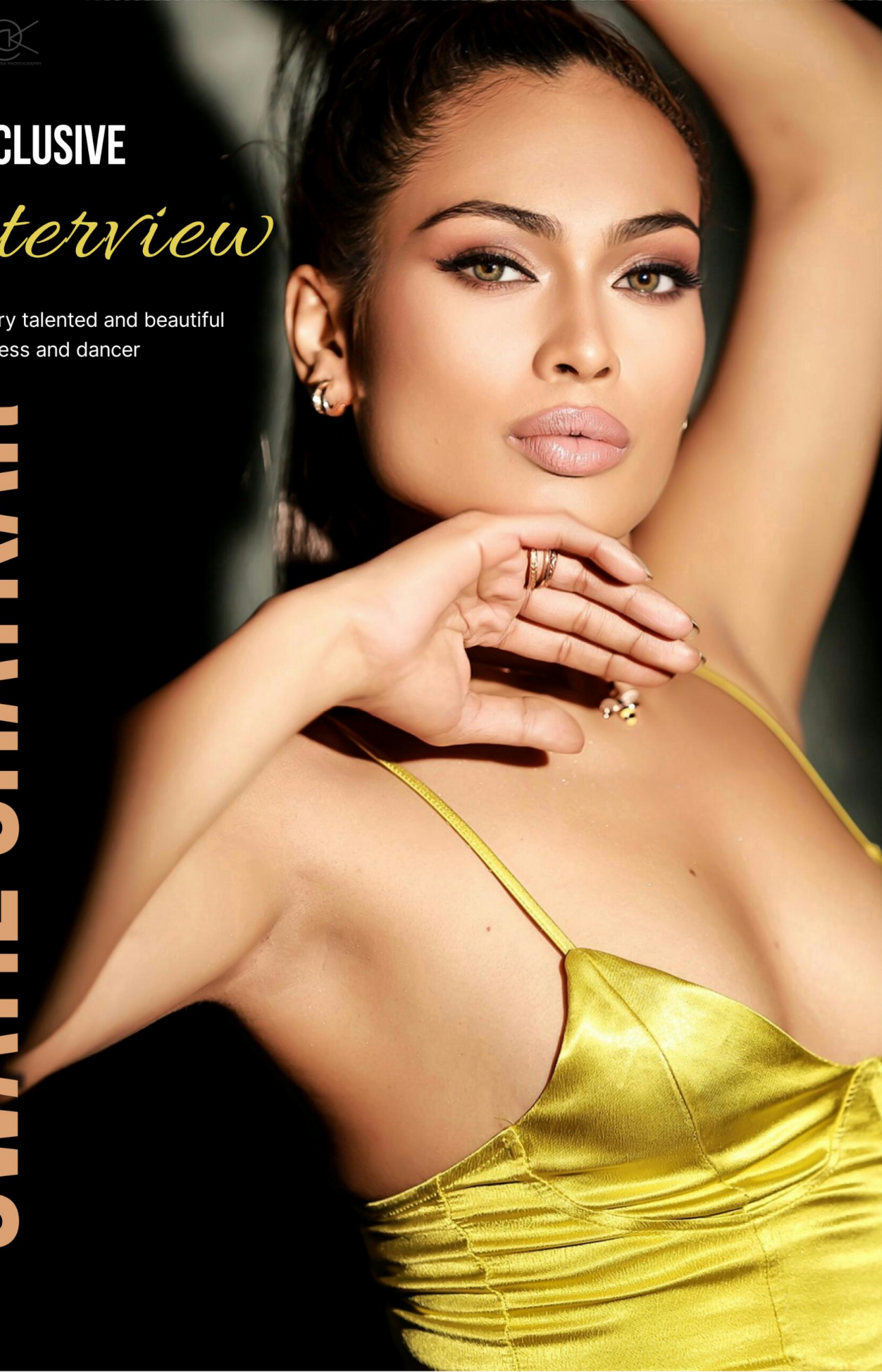


AN EXCLUSIVE

Interview

with the very talented and beautiful
model, actress and dancer

SWATIE GHATKAR



Swatie Ghatkar

living in Mumbai.

Tell us in brief about yourself.

I started my careers as a model with beauty pageant, like Miss Teen India 2015, Miss Global India 2016, Miss Maharashtra India 2018. I have even worked in a couple of music videos. I am an actor and I feel privileged to have worked with a few good directors in their movies. Modelling is something I love and have been doing it on a regular basis for designers and photographers. I am a dancer by passion and have been working hard on upgrading my skills.

Would like to know more about your passion, profession and your upcoming projects.

I'm into theatre, drama, dance. I love dancing. I do hiphop, freestyle, Bollywood. I'm passionate about acting, and dance. This has fascinated me from a young age, and that's one of the reasons I pursued a career in acting and dance.

And I'm playing nilofer character in upcoming marathi dhishkiyaon.

What is your view point of the line 'Being beautiful in your own skin' ?

The word 'beautiful' holds more meaning to it than you would think. It could mean you have a beautiful soul, or a beautiful smile, or you are a drop-dead gorgeous angel that fell from the sky. What you do not realise is, you could be beautiful in one country and not even the slightest bit of attractive in other.





Besides good looks, height and figure how important is it to have confidence in a beauty pageant?

Physical beauty is the physical appearance that is pleasant only to the eye. Being physically attractive doesn't help the contestants to win the pageant as beauty comes through confidence not from physical appearance. Even if the contestants are good looking, have sexy voice, have perfect height and are Zero sized figure but lack confidence within them they will portray them-self being insecure, being uncomfortable and turn into someone ugly. Therefore, they will loose.

Physical beauty doesn't last long but confidence always remain with us until we die.

What are your future plans?

At this point in my life, all I really want to be is 'better'. And looking forward to working hard and getting to the next level. Right now I am concentrating on films and modelling for bigger brands.

A few lines for Mystic Aura magazine.

I would like to thank Mystic Aura for featuring my interview. I am glad that they chose to promote me in their new issue. Hope this association goes a long way. Keep up the good work.

Your memorable experience in fashion industry so far.

When I won miss Maharashtra India 2018

Being a reliable model is of utmost importance. How would you describe your work ethic ?

I would describe my work ethic as reliable and consistent. I enjoy my work and I find it easy to stay motivated and productive. I've also noticed that I feel better at the end of the day when I've had a great, productive day. So I find it rewarding, too.

Photography @amitkhanna

Styling @sohail_mughal

Mua @darenmemonofficial

Hair @priyayolmobhatia



Jewellery

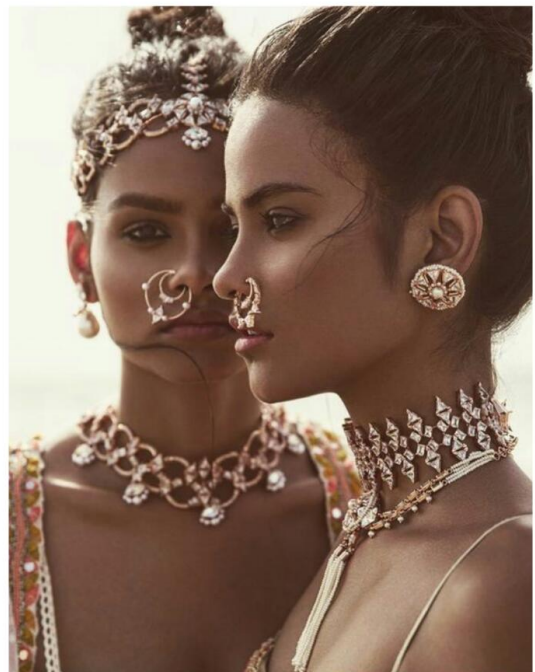
Historically women wore jewellery to attract the opposite sex so that they could procreate and further the human race. And men wore jewellery to signify their social and financial status. If only things had remained so simple. Jewellery today is not a generic category of fashion. It is not just a commercial piece of ornamentation.

It is not just an investment. It is on the contrary a none verbal mod of communication and a liberating expression of one's personality. When wearing jewellery the focal point is a feature that the eye is directed to. This can be your collar, earrings, a broach or a chain. More than two focal points will make you appear overdone. It speaks of who we are how we think our sensibility and even our ideology to an extent. It varies with our moods and different phases in our lives. We have a much deeper relationship with our jewellery than we acknowledge.



BY PRASANTT GHOSH

THE WRITER IS A
FASHIONDESIGNER AND
CHOREOGRAPHER AND CAN BE
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There are people who could afford eyeball sized diamond but prefer to wear silver instead after all they would never want the homogeneity of wearing just some diamonds. Though antique jewellery has been around for about a year and a half, it's still very much in. Normally, people make out of it to complement this kind of jewellery, which has a blackish gold polish. Diamonds were and always will be the 'in thing' though this season in particular, uncut diamonds are a rage.

There are fun when people who look just right with big colorful plastic or wooden bangles and would probably look odd in gold. There are still others who wear costume jewellery with their designer clothes and carry them off with élan and some who look regal in their precious jewels. This is why jewellery must really be about the wearer and not the designer. Ideally each pieces should have little evidence of the designer ego and should be as dynamic as subtle and as unique as the personality as bold or understated as the wearer mood and as classic or avant garde as the occasion may demand. A person's jewellery is like their handwriting it speaks volumes. Make sure your accessories don't take centre stage and annoy your colleagues in office by clinking incessantly or clanking against your keyboard. When buying necklace its length is important. The longer your chains hang the greater vertical line you will create visually. Don't have pendants stopping dead centre on a full bust as this makes your bust a focal point. Just above or below will give you a good line. Twist long pearls and a chain together for a very glamorous look.



Remember do not show off your jewellery everywhere. Business wear suits courtshoes, gold watches and gold chain necklaces. Gym cloth suit sports shoes, ponytails and plastic watches. Just do not mix the two.

Besides jewellery pieces passed on to you by your grandmother and mother, buy some contemporary and trendy jewellery from reputed jewellers and

insist on certificates of purity. The mangalsutra is the most important piece of jewellery besides bangles, kadas, nose rings, tikka, earrings, chokers and necklaces are the part of the Indian marriage jewellery.





IN OUR AUTHOR SPOTLIGHT SECTION, WE HAVE WITH US TODAY AN AVID READER, A PASSIONATE WRITER AND A DEBUT AUTHOR

JAHNAVI GOGOI.

HERE'S WHAT SHE HAS TO SAY ABOUT HER QUEST FOR WISDOM, HER LOVE FOR WRITING AND ABOUT HER DEBUT WORK.

Tell us in brief about yourself

Hello! I am Jahnavi, an author of children's fiction a full time mother and poet. I am from Gauhati, Assam. Currently, I live in the picturesque town of Ajax, Ontario in Canada.

What inspired the idea for the book?

I have been writing poetry for a very, long time now. The pandemic made me realize a lot of things about this jigsaw puzzle that is life. And I decided to find the missing pieces to my own existence and put it down as verse.

What perspectives or beliefs have you challenged with this book?

I think, I have challenged the notion that poetry is difficult to understand. My poems are conversational, even stark and they linger in the reader's memory. They are little stories in verse.

' Things I told myself '!. How did you come up with the title of the book?

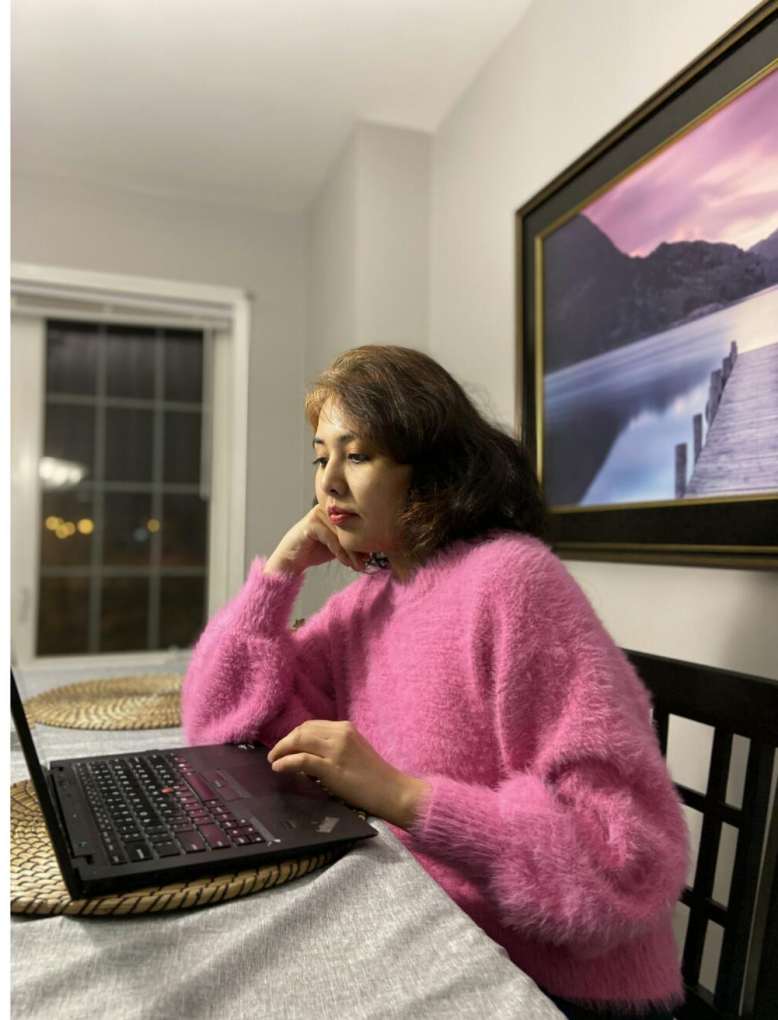
I was having a deep conversation with a dear friend about the challenges that women face in a patriarchal set up. And how there is a need to form a sisterhood and give each other a leg up. And suddenly she told me that these are things that nobody told her but words that she has told her own self. And I pounced on her statement.

How would you describe your book's ideal readers?

Poetry in general has a niche readership. But I think.. my poems are for men and women who would like me to tell the world, the emotions and experiences that they cannot put down in words.

What to you are the most important elements of good writing?

There are no hard and fast rules but I feel that good writing should inspire and carry us into an alternate universe. In the end, a good piece needs to connect with the reader at some level.



What has been keeping you busy these days? What projects are you currently working on?

My child's online school, a few projects of my own and now I am quite involved in promoting my book.

I am actually just about to start working on a shorter collection of poems. I would love to have some accompanying images either illustrations or photographs. That's the bit, I am deciding on. Rest, I leave a few things to the universe.



Aura LOOKS

Create your own style...
let it be unique for
yourself and yet
identifiable for others."

MODEL

Liza Dash


Photography Deepankar Adhikary

Embracing your true self radiates confident, powerful, untamable and natural beauty that cannot be diluted or ignored.

Embrace Elegance



MODEL
**JASMINE
ROY**
From Kolkata



Aura
GLAM
FACE

*Glamour is the impression that
turns the dust of everyday life
into a golden haze.*

MODEL

Nisha Nirmali

PHOTOGRAPHY UNIQUE BORAH

MAKEUP JONALI KALITA

NEW FACE

PHOTOGRAPHY ROHIT DAS

MAKEUP @bittushivansh

STUDIO Bong studio

@nameless_bong



MODEL

Nomomita Kujur

From Kolkata

Valentine's day *special*



Saptashikha Nath

Makeover : Lipika Das

Designer : Pratik Sharma

Photographer : Rahul Boro

Studio : Snap Collection

Aura Kids

*No matter how old you are
Teddy will be always your
best friend .*

MODEL

Ayat Farzana

Makeup: Parashmoni Dihingia
Photography: Shaan Bosumatariy

Aura

PHOTOGRAPHY

Beauty of Northeast

PHOTOGRAPHY ASHWINI BARKATAKI



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Model: Mirmily Hansepih
Designer: Ankita Choudhury Mahanta
Makeup: Kalpana Chetry
A shot from Infinity Calendar 2022

Beauty

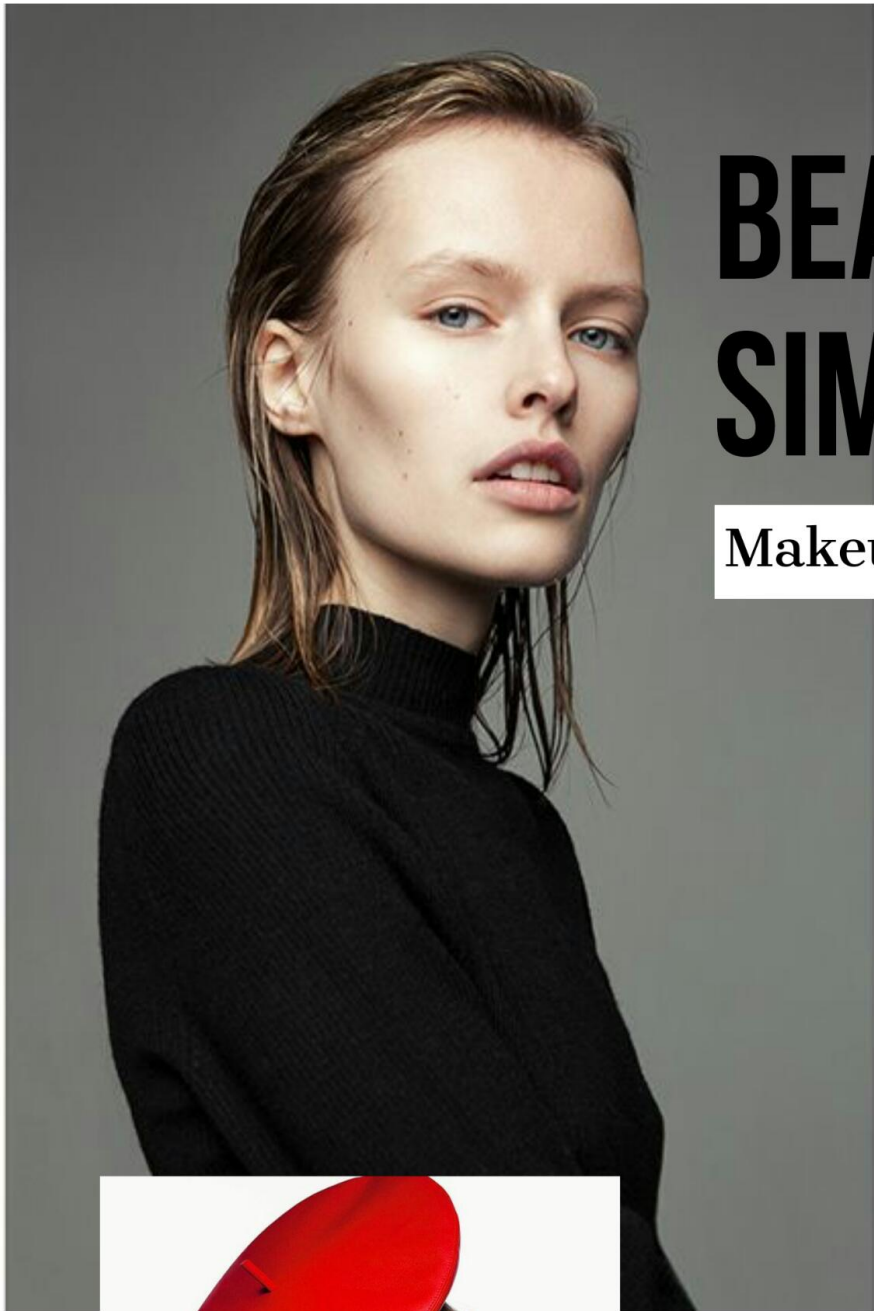
touch

Susmita Das

from Assam

A professional makeup artist. Since her childhood she had a great interest in learning makeup. So she used to spend most of her time before the mirror doing makeup on herself. She has great love and care for herself when played with this art.

As a teenager her interest increased and she started to learn various types of face beautification art from social media as well as from some people who were specialized in this field. Till date she has mastered over this art and does party makeup, soft makeup, loud makeup, bridal makeup etc. In her journey she has a desire to open a makeup studio where she can showcase her potentialities and interest that she has towards her profession. She wants to experiment and explore more in this field. She believes that thirst for knowledge is unlimited and has no age and boundaries.



BEAUTY IN SIMPLICITY

Makeup and hair style

By **ROSY DAS**

Mumbai

Simple attracts more than the one with more style that covers one's own personality. Say for instance, if we talk about the lipstick shades, one may think it's the dark shades like red that catches everyone's eye to look bright and bold. But the present trend and fashion is nude shades that makes one more expressive and prettier and it's liked by all young and old. Neon shades seem to give a younger look than red colour even though it is the most perfect for Valentine's day date.



This Valentine's Day go in for pink shades on any nude colour that suits with your skin tone and gives a smart and charming look with eyes smoky like matte colour to give a sexy feel. Instead of loud makeup apply the base or concealer bit lightly in such a way that it's enough to cover the blemishes and a light shade blusher for cheeks to create and give a gorgeous and enduring look. Highlighter is not necessary if you have sharp features.

Hair style can be simply straight or roll on wavy curls which can give a very elegant look. Obviously, all types of hair style doesn't suit in all shapes of face. Do your hair style in according to the shape of your face and the hair cut you have. Round face can do a hair style if its short then leave it open straight that covers the ear giving a flattering chic look.

According to some hair stylists oval shape face girls are lucky for they can opt for any type of hair style. Parting your hair either on one side or mid suits well. So if your face is oval shape then you can go in for any style you desire to look special doesn't matter whether your hair is short, upto shoulder length or below, curly or straight. A simple tied up ponytail too gives a smart and clean fresh look. Researchers say that all shapes of face are beautiful but the most ideal one is oval shape and considered to be attractive.

If we talk of the girls with a square shape face which is more desirable for woman is elegant and gives a very graceful look when they leave the hair open. When females with square shape face leaves the hair open, corners of jawlines gets covered with hair falling straight and the face looks small in appearance.

Reality is when you do hair style according to the shape and looks of your face it gives a very sassy look that goes well with the attire you wish to put on. Sometimes hairstyle should be done according to the outfit you wear, whether it's traditional or western.

A perfect make up, hairstyle and beautiful outfit can be spruced up to set a trend among all who love always to remain stylish.



Source: mmkevin.wordpress.com



Feel it

Open your soul and feel .
There is beauty in every creation of the Almighty .
Delve into whatever you come across your life you will feel beauty , sadness and regret.
Don't reach out your hands for which cannot be your's.
Never strain your ears for the music which is so far yet so near.
Just feel and hear for whatever is meant to be your's.
The Life will be a paradise
And the blessings and magic of the creator will be bestowed on us.



By **MONALI BHUYAN**



PAYAL BISWAS

Fashion Designer

Place: WEST BENGAL

THEME- THE IMMORTAL ABSTRACT

Art has to be the most beautiful way of expressing admiration. She took inspiration from Fashion Illustrations and Abstract Art. i.e, all about combinations of imaginary ideas, innovation, dramatic, uniqueness mixed with Abstract. Each Garment is her creation even the Embroidery and surface ornamentation. At the same time she always kept these R3 in mind i.e, REDUCE REUSE and RECYCLE she started pursuing Fashion Designing from INIFD SILIGURI as a hobby at first while she was completing her under graduate in St. Xavier, Siliguri. Later, after graduation from college she decided to solely dedicate her time and work towards her hobby i.e., fashion designing.





It was challenging for her from the day one though she stayed dedicated, determined and was confident of her skills, innovation and work which she believed has always pushed her to do more and keep growing as a designer and also as a human being. She would like to thank INIFD siliguri for enhancing her skills and giving her an identity. The unbelievable support from her parents also motivated her a lot to push through tough times of her journey to this day where she stands out today.

Working as a Freelancer, as Payals Design @payals_designdiary where she design and customize outfits, illustrate, Styling, knitting etc. she worked for many shops & boutique. Also worked as a backstage Manager in GLOBAL CINEMA FESTIVAL 2020, did many LOCAL shows, Winner of EASTERN FASHION WEEKEND (INIFD ANNUAL show 2019), N.E.I.F.W season 6(2021), NEW YORK FASHION WEEK 2022(NYFW), also worked as a coordinator in LAKME FASHION WEEK for (INIFD siliguri). Born in Nishiganj (COOCHBEHAR), brought up in ARUNACHAL PRADESH and would love to represent A.P, as that state has given her parents financial support to fulfill her dreams and wings to fly high. In future, if got an opportunity to work for her state she would love to do that and will try to bring a change in young creative hidden minds by setting self inspiration Goals.





FASHION DESIGNER

RICHA RABHA

from Assam

It was her childhood dream to make hand stitched dresses for her dolls. She use to study books but was always more interested in fashion and towards the glamour world.

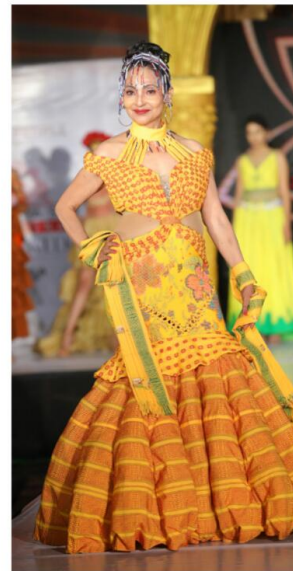
Well, she had worked in office which is like Meghalaya government as a textile designer and also worked for private company name Finesse in Bangalore.

But now that she has mastered her skill better and learned more from her everyday experience so started doing freelancing since from last year feb 2021. Have her clients from all over India mostly Bangalore, Assam, Kerala, Kolkata, Mumbai, Ransi, Varanasi.

Northeast international fashion week season-6 organized by Prasantt Ghosh, a runway fashion show where she got an opportunity and was glad that she could showcase her beautiful creations and draw the attention of the public. When it comes to Fashion and apparel design, nothing seems impossible for her handle mens wear, women's wear, kids wear too.

But when it comes to her signature style she loves to say that it's mostly handloom product modification. She mostly love to enhance the traditional motif with handloom fabric giving it a modern silhouettes. From the feedback of her clients she could say that her collections are loved because of the detailing and finishing she gives to each and every outfit.

Her future plan is to open a store.

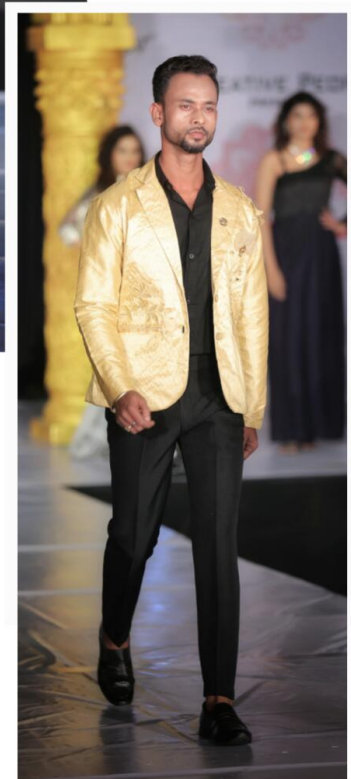




ALOKA RANI RABHA

A professional fashion designer from ASSAM.

Her designs are mostly cotton silk traditional dress, Boro, Garo, Rabha, Karbi and Assamese attire etc. She has been a part of many runway fashion shows held in northeast and has the opportunity to showcased her designs in one of the mega runway fashion show, NorthEast International fashion held in the month of January 2022 .





Paying homage
to the veteran
singer

Lata Mangeshkar





Dietary suggestions on

Breast cancer

Prevention is better than cure

World cancer day

Breast cancer is one of the most common types of cancer among women. In fact, almost all of us know someone somewhere who has or had breast cancer. Around 2.1 million women each year get diagnosed with breast cancer. That is why it's important to know what the risk factors of breast cancer are and how a simple plant based diet can assist us to lower them.

Common Risk Factors of Breast Cancer gender, Genetics, Age, Mental and emotional factors.

Our diet and nutrition are critical factors. They promote and inhibit the development of breast cancer .

Researchers suggest that nutritional factors are accountable for up to 30 to 35% of all cancers. This makes nutrition second only to tobacco use. This means that we can significantly reduce the risk of just by making small changes in our diet. Scientists have found that specific diets can even kill off existing cancerous cells. Just by following a two week eating plan composed of plant based foods (specific fruits and vegetables) and exercise intervention. The impact was up to 30% reduction of growth of cancer as well as promotes the killing of cancerous cells.

A plant based diet has shown to protect against many diseases including breast cancer woman eating grapes as plant based diet for breast cancer.



By Dietician Dipikaa A Bhatia

Health Guru with all natural healing techniques.

Founder president of Aas Ek prayaas NGO. Director of BBEHEALTHY.

This is mainly because a plant based diet is rich in nutrients which have a protective effect against cancer. A plant based diet consists mostly of foods derived from plants. This includes fruits and vegetables, nuts, seeds, oils, whole grains, legumes, and beans.

- Eating a plant based diet does not mean that you have to be a vegetarian or vegan and never eat meat or dairy. Instead, you have to choose a majority of your foods from plant sources.



Let's take a closer look at what plants & nutrients we need:

- What specific nutrients are beneficial for lowering the risk of breast cancer?
- What food sources we can eat to get these nutrients?
- How do these plant based foods have an anticancer effect?
- What specific nutrients are beneficial for lowering the risk of breast cancer?

Here is the list of nutrients that you need to have on your plate to reduce the risk of breast cancer

Dietary Lignans,

Dietary Fibres

Isoflavones, Vitamin C and Carotenoids

Retinoids, Fats.

What foods contain these nutrients?

Dietary Lignans

Seeds: fairly high amounts, Flaxseeds, Sesame

Whole grains: moderate amounts

Barley, Buckwheat, Millet, Oats, Rye, Wheat.



Fruits & vegetables: moderate amounts
Asparagus, Grapes, Kiwi fruit, Lemons, Oranges

Pineapple.

Beverages: moderate amounts

Coffee, Tea.

Dietary Fibre

Aim to include 25-30grams of fibre every day. For example, you can easily include 10 grams of fibre with

two apples

One medium cauliflower

1/4 of a cup of kidney beans

Half a cup of oats

Isoflavones

A moderate amount of isoflavone is one to two servings a day of whole soy foods, such as Tofu, Soy milk, Chickpeas,

Black beans, Vitamin C & Carotenoids.

You can find high levels of Vitamin C and carotenoids in foods such as green juice plant based diet for breast cancer-Orange, Kiwi, Green pepper, Broccoli, BS strawberries

Tomatoes, Potatoes, Green peas, Spinach, Carrots

Cantaloupe, Squash, Grapefruit, Apricots, Retinoids.

Food rich in retinoids are:

Dark green leafy vegetables:

Amaranth (red or green), Spinach, Chard

Fruits: Orange, Carrots, Squashes, Pumpkins, Mangoes, Papayas

Others:

Flesh of sweet potatoes, Yellow maize.

Tips for increasing our dietary intake of plant based nutrients daily:

It is difficult to remember each nutrient and its food sources, but this ought to make it easier:

- Aim to include at least 5 portions of fruits and vegetables every day. A portion of fruit or vegetables is 80g.

Chop and add vegetables like tomatoes, squash, pepper, broccoli to your pasta sauces or lasagne. Choose healthy snacks like carrots or sweet potatoes.

Avoid refined grains such as white flour.

Prefer whole grains as they give you fibre as well as other nutrients.

Fats

Where possible replace saturated fats from animal sources it with Mono and PolyUnsaturated fats from plant sources:

Olive oil, Avocados, Nuts.

Seeds especially, are advisable for breast cancer patients.

Adopt healthy cooking methods like baking and steaming which will reduce the use of fats in the cooking process.

The science behind plant based nutrition & breast cancer

Studies have found that higher dietary intakes of lignans, fibre, isoflavones, vitamin C, carotenoids, retinoids can lower the risk of breast cancer.

How Dietary Lignans & Isoflavones protect us from Cancer

For example, high levels of oestrogen in the body can increase breast cancer risk. In order to do its work, oestrogen needs to bind to a specific receptor. However, dietary lignans bind to these receptors which block the way of oestrogen. Hence, stopping oestrogen from its work. In contrast to plants, there are virtually no lignans in animal based foods.

Isoflavones also work in a very similar way. High amounts of isoflavones can be found in Soy.

This is mainly because of their plant based diet. Isoflavones are protective against the emergence and recurrence of breast cancer.

Vitamin C, Carotenoids & Retinoids – Our Body's Defence

These nutrients quench the free radicals which cause the DNA damage in your body. Such DNA damage can be potentially cancerous. Retinoids can also kill the cancerous cells.



How does Dietary Fibre help?

Dietary fibre is the only nutrient which has shown a dose-response relationship between dietary fibre intake and breast cancer risk. Each 10 g of fibre in your diet during early adulthood can decrease 13% risk of breast cancer. This means more the merrier.

At last I said “we are what we eat,” it is important that we eat loads of nutrients to keep our bodies and minds strong and healthy. Your small and simple changes in diet can contribute to a bigger difference in not only protecting us from breast cancer but our over all health and wellbeing.

The key to preventing and protecting ourselves from breast cancer starts with introducing a larger variety of vegetables and fruits onto our plates. Eat plenty of whole-grains and adopt a healthier alternative to foods derived from animals with a diet that is naturally high in fibre and lower in saturated fats.

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Beat Cancer by Spreading Awareness

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It's not what we have in our life but who we have in our lives that matters...

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