

Breast Health Reflection Tool

Answer honestly. Add up your points. At the end, you'll receive a gentle interpretation.
(High scores = higher likelihood of inherited burden, parasite terrain, or emotional mimicry)

SECTION 1: PHYSICAL SIGNALS

1. Do you have frequent breast tenderness, swelling, or cysts (outside your cycle)?
 - ☐ Rarely or never (0)
 - ☐ Sometimes (1)
 - ☐ Monthly (2)
 - ☐ Constant or painful (3)
2. Have you ever had a suspicious mammogram, ultrasound, or biopsy (even benign)?
 - ☐ No (0)
 - ☐ Yes, once (2)
 - ☐ Yes, multiple times (3)
3. Do you experience fatigue, skin issues, or sugar cravings?
 - ☐ Rarely (0)
 - ☐ Occasionally (1)
 - ☐ Often (2)
 - ☐ Daily (3)

SECTION 2: PARASITES, TOXINS & TERRAIN

4. Have you done a full parasite cleanse in the last 12 months?
 - ☐ Yes (0)
 - ☐ No, but I've used some herbs (1)
 - ☐ No cleansing at all (2)
 - ☐ I don't know what that is (3)
5. Were you vaccinated regularly growing up or in adulthood (COVID, HPV, etc.)?
 - ☐ Minimal (0)
 - ☐ Standard childhood only (1)
 - ☐ Multiple boosters and recent shots (2)
 - ☐ Annual / corporate schedule (3)
6. Do you regularly consume processed foods, alcohol, or seed oils?
 - ☐ Rarely (0)
 - ☐ Sometimes (1)
 - ☐ Most days (2)
 - ☐ Daily, high consumption (3)

SECTION 3: EMOTIONAL MARKERS

7. Have you experienced:
 - ☐ Divorce / breakup trauma (1)
 - ☐ Miscarriage / abortion (1)
 - ☐ Childhood abuse / neglect (2)
 - ☐ Breastfeeding pain / shame (1)

(Add 1 point for each "yes" — Max 5)

8. Do you carry unresolved grief, guilt, or resentment toward your mother or daughter line?
- ☐ No (0)
- ☐ Somewhat (1)
- ☐ Strong emotional weight (2)
9. Do you often suppress emotion, keep quiet to “keep peace,” or feel invisible in your relationships?
- ☐ No (0)
- ☐ Sometimes (1)
- ☐ Often (2)
- ☐ Daily, heavily (3)

SECTION 4: GENERATIONAL & ENVIRONMENTAL INFLUENCE

10. Did your mother, grandmother, or aunt have breast cancer, tumors, or hormonal imbalance?
- ☐ No (0)
- ☐ One woman in the family (1)
- ☐ Two or more (2)
11. Were you formula-fed, exposed to plastics, or raised with hormone-heavy foods?
- ☐ No / unknown (0)
- ☐ Some (1)
- ☐ Yes, heavily (2)
12. Have you lived or worked near cellular towers, mold, heavy metals, or chemical farms?
- ☐ No / don't think so (0)
- ☐ Maybe (1)
- ☐ Yes, known exposure (2)

SCORE YOURSELF

- 0–9: Low Accumulation — Body aligned, minimal mimicry. Maintain cleansing and emotional awareness.
- 10–19: Moderate Burden — Watch for mimicry. Begin gentle cleansing, forgive your line, and release grief.
- 20–29: High Burden Terrain — Parasites, trauma, and generational triggers likely converging. Pause before panic. Cleanse body, cleanse memory.
- 30+: System Overload — The body may be sending urgent signals. Seek wisdom, not fear. This is not cancer confirmation — it's a call to reclaim the scroll. Cleanse, confess, and reconnect with your design.