



## October is Breast Cancer Awareness Month

### Corporate Chics, the Book is available!

Koilya is an Atlanta socialite who thinks she has it all: beauty, fiancée, money, and friends. She is living the high life, but she soon finds out that through many bad decisions; it tears her life apart. Corporate Chics, is the 1st novel for expert blogger and writer Tawana Necole. Written in IM format, Corporate Chics takes you on one woman's journey of life after college. As she attempts to balance corporate America and her personal life, we (the readers) are reminded that life is not easy! Corporate Chics is not only the name of her book, but Tawana has created a brand and movement for small businesses and women entrepreneurs. [www.corporatechics.net](http://www.corporatechics.net)

### Corporate Chics, LLC Offers Free Services!

The services that we offer our customers and clients are absolutely **free!** Everything listed on our Home page all can be provided to you at no cost. If you have general questions, or need to speak with a Corporate Chics Consultant concerning anything listed, we are here to help you get started.

Contact [Shemeia.Wood@CorporateChics.net](mailto:Shemeia.Wood@CorporateChics.net) for more information.

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### Breast Cancer Awareness Resources

There are Countless ways to help:

- Donations
- Fundraising
- Volunteering

[www.breastcancercampaign.org](http://www.breastcancercampaign.org)

[www.nbcam.org](http://www.nbcam.org)

[www.bca.com](http://www.bca.com)



## October is dedicated to Breast Cancer Awareness

### Cancer Update from John Hopkins

Bottled water in your car is very dangerous! On the Ellen show, Sheryl Crow said this is what caused her breast cancer. It has been identified as the most common cause of the high levels of dioxin in breast cancer tissue. Sheryl Crow's oncologist told her: Women should not drink bottled water that has been left in a car. The heat reacts with the chemicals in the plastic of the bottle which releases dioxin into the water. Dioxin is a toxin increasingly found in breast cancer tissue. So please be careful and do not drink bottled water that has been left in a car. Pass this on to all the women in your life.

This information is the kind we need to know that just might save you! Use a stainless steel canteen or a glass bottle instead of plastic!

No plastic containers in microwave. No water bottles in freezer. No plastic wrap in microwave.

A dioxin chemical causes cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain high heat and plastic, releases the cells of the body. Instead, he ing Ware, Pyrex or ceramic con- same results, only without the di- ramen and soups, etc., should be in something else. Paper isn't bad It's just safer to use tempered glass, a while ago some of the fast food containers to paper. The dioxin pointed out that plastic wrap, such placed over foods to be cooked in high heat causes poisonous toxins and drip into the food. Cover food



fat. He said that the combination of fat, dioxin into the food and ultimately into recommends using glass, such as Corn- tainers for heating food. You get the oxin. So such things as TV dinners, instant removed from the container and heated but you don't know what is in the paper. Corning Ware, etc. He reminded us that restaurants moved away from the foam problem is one of the reasons. Also, he as Saran wrap, is just as dangerous when the microwave. As the food is nuked, the to actually melt out of the plastic wrap with a paper towel instead.



Questions or comments? Email us at [information@CorporateChics.net](mailto:information@CorporateChics.net) or call 404.988.7133