**Landing page**

“1 in 8 will have breast cancer in their lifetime”

Say no to anxiety and guessing

Join now to lower your risk over 100% in 15days

The #1 evidence-based AI coaching program with practical daily guidance, nurturing tips and risk scoring to uplift your lifestyle

* Daily 5mins breathing exercise – lower Chronic stress (-15% risk)
* Daily 10mins mindfulness exercise – Increase positivity (-5% risk)
* 3x/weekly Self Breast Massage – lower Chronic inflammation (-20% risk)
* Personalized dietary management – Lower Carcinogen (-20% risk)
* Daily Physical exercise tracking – Lower oxidative stress (-40% risk)
* Monthly Self Breast Exam – Early Symptom Detection (-20% risk)
* Daily educational content and tips – Increase awareness (-5% risk)
* AI-Risk Monitoring system – early detection (-50% risk)

Take a quiz now to assess your risk and conditions for a personalized report and customized risk-lowering program

**Brezcode can help you**

Reduce Risk Level

Improve your breast health

Increase awareness

Gain control over estrogen

Improve your well-being

No more guessing

**An app, community, and coach in your pocket**

After a quick quiz, we'll personalize your first weekly plan, introduce you to daily health rituals, and invite you to our private community. Our supportive coaches will be with you at every step of the way

**Weekly planning**

Every Sunday you’ll get a personalized plan for the week ahead. Pre-commit to your week ahead to crush your goals.

**Community**

Give and get support in the vibrant BrezCode community, a place to cultivate a positive mindset every day.

**Resources**

Exercises, videos, and resources are available on-demand to help you stay motivated when you need it.

**24/7 Coaching**

If you want any support or query, our AI coach trained by medical experts is always just a text message away, 24x7

**Scoring Progress**

Whether it’s sleep, exercise, stress, or drinks cut, BrezCode shows you your progress in the terms that matter most to you.

**Drink and Diet tracking**

Tracking your drinks and diets will become the foundation of your habit change. BrezCode makes it simple and fun!

“Get your free 15-day trial”

Every feature is included

**Our promise to you**

We know this is a deeply personal journey for you, as it was for us. We follow a strict code of conduct and promise to always put your health and wellness above all else.

**No shame or guilt ever**

Mindful lifestyle is about celebrating our wins, not making you feel bad.

**Always private and secure**

This is a personal, private journey for you. We make privacy a top priority.

**Money back guarantee**

If you give it a fair shot and aren’t happy after 30 days, just let us know!

Free 15-day trial, then simple pricing

* Easy Risk scoring and tracking
* Weekly Planning
* Analytics & dashboard
* Personalized recommendations
* AI chatbot messaging interface
* Supportive community
* Focus on moderation
* Affordable cost

**Results from real people like you**

*These are real customer reviews, and we have hundreds more*

“I have family history and not knowing what to do with my current symptoms, thanks to this APP, now I gain control of my life” Abby, 35 years old.

“I am a current breast cancer patient, not knowing how to live my life, this APP is a game changer, I am so encouraged and able to face this challenge every day.” Monica, 44 years old.

“After chemo treatment, my doctor said I am free of cancer, but I am scared of recurrence. This APP provide me with daily guidance and tips to rebuild myself, and not solely on medication.” Tracy, 52 years old.

**With measurable impact**

*Results reported from a recent customer survey*

96% feel less anxiety

73% sleep better

80% eat better

75% exercise more

80% feel accomplished

100% improve breast health