

## Do you know the facts?



Between 1950 and 1990, the overall incidence of breast cancer rose by 54% and currently the risk for a woman to develop breast cancer in her lifetime is 1 in 8.

85% of breast tissue is formed from fat tissue.

Neck tension is the leading cause of lack of blood flow to the breast area, causing congestion and calcium deposits to form.

The most important mineral for breast health is iodine.

Breast cysts have been shown to contain calcified calcium, chlorine, environmental pesticides, heavy metals and even plastic.

Studies indicate that 1/3 of tumors are estrogen dependent and will grow much faster when exposed to foreign estrogen found in birth control pills, soy, milk products, meat and even water.

Nearly 60% of women diagnosed with breast cancer have no identifiable risk factors other than their hormonal environment including estrogen, progesterone, insulin and cortisol.

75% of breast cancers form in the ducts of the breasts.

The American Institute for Cancer Research has stated that as much as 33% of breast cancer could be prevented by diet, exercise and a healthy body weight.

70 to 80% of all positive mammograms do not, upon biopsy, show any presence of cancer.

Women who are genetically predisposed to breast cancer (BRCA positive) have the same rate of success preventing cancer with cruciferous vegetables as with mastectomies.

Breast cancer is the most common cause of cancer-related deaths in women.

Breasts are an amazing aspect of the human body. They are at once a source of life, a definition of self, a social taboo and a source of fear. Women live the fear that their breast tissue may harbor hidden disease and even the possibility of death. That is a lot of emotion for one area of our body to hold on to. There are many people who acknowledge and speak of the ability of body tissue to hold memory and emotion, to change in shape and function based on our experiences, our traumas and every moment of our lives. The truth is that we create our tissue by creating our environment, choosing our food and organizing our daily lives. This means that we can control our future health through the choices we make today and we are not limited by our genetics. The American Institute for Cancer Research agreed when it stated that as much as 33% of breast cancer could be prevented by diet, exercise and a healthy body weight.



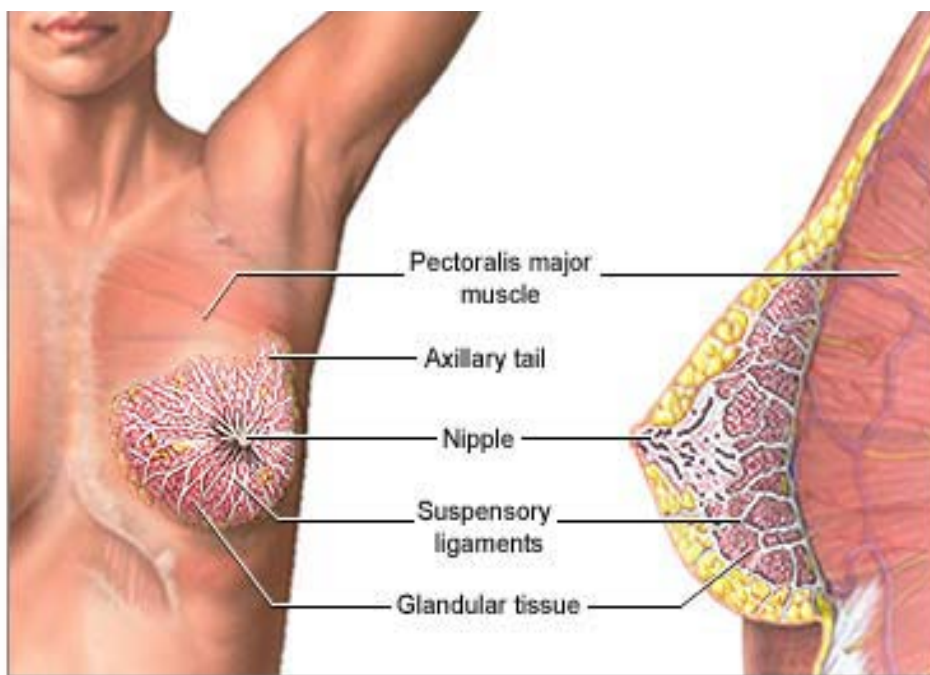
Given all that the breast tissue is, one thing it is not, is understood. In fact, most textbooks do not even discuss the function of a healthy breast. That is mostly because there is so little that the medical community understands about the breasts. Many doctors assume that the breasts have no function until the birth of a baby at which point the breasts become functional for a period of time, after which they return to their natural dormant state. There is virtually no other part of the body that only has function for so limited a period of time.

We also have very little information about the role of hormones in non-lactating breast tissue as well as which hormones are present in any given concentrations and what concentrations are healthy. For instance, a study in the American Journal of Pathology found that breast tissue contains large numbers of receptors for gastrin-releasing peptide, although we have no idea why. GRP is released by the vagus nerve to stimulate the G cells of the stomach to release gastrin for digestion. Why would the breast tissue contain such high volumes of receptors for GRP? In fact, GRP receptors also seem to be sensitive to bombesin, which is a hormone that is crucial in the nerve signals that stop you from eating. It is interesting that breast carcinomas contain a high concentration of bombesin-like peptides, which may be a sign that there is a relationship between the number of GRP receptors in breast tissue and the ability of carcinomas to proliferate. And is this somehow related to overeating or eating disorders?

It is vitally important for us to explore the mysteries of breast tissue and develop an understanding of their structure, physiology and life process so that we can learn how to prevent breast cancer and breast disease conditions.

## Breast Tissue From the Inside Out

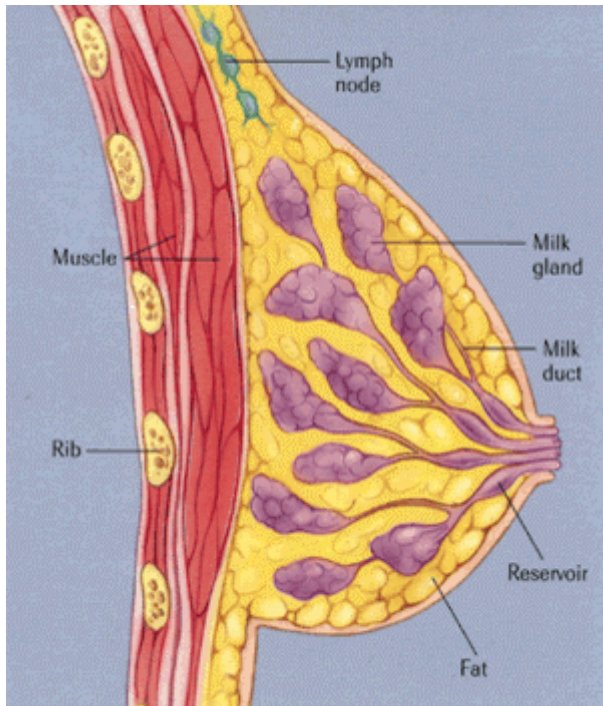
Breast tissue is present equally in both males and females; however, hormonal shifts during puberty produce glandular changes in the female breasts making them capable of producing milk. Prior to menopause, the breast contains glandular and ductal tissue plus fibrous connective tissue that surrounds the structures of the breast and provide support. Fat tissue insulates and provides shock absorption by being sandwiched between the lobes of the breasts forming almost 85% of the breast



tissue. Fat tissue can increase exponentially as the body requires additional storage areas. This is especially the case after menopause when the amount of fat tissue in and around the lobes increases substantially to fill in the space created as the breast tissue thins out. Also the stroma of connective tissue, which is the source for scar tissue formation, may be

triggered to fill in the remaining spaces providing an avenue for any potential mutation to proliferate. Also the amount of water and blood within the breasts is reduced which may be a contributory factor to toxic congestion of the breast area. There is a reduction in the amount of estrogen and progesterone produced, so the breasts tend to accumulate fluid between the shrinking ducts and lobules. This may make the breasts more lumpy and sore. In fact, benign cysts will tend to feel smooth and rubbery, while carcinomas are firm, irregular in shape and not painful.

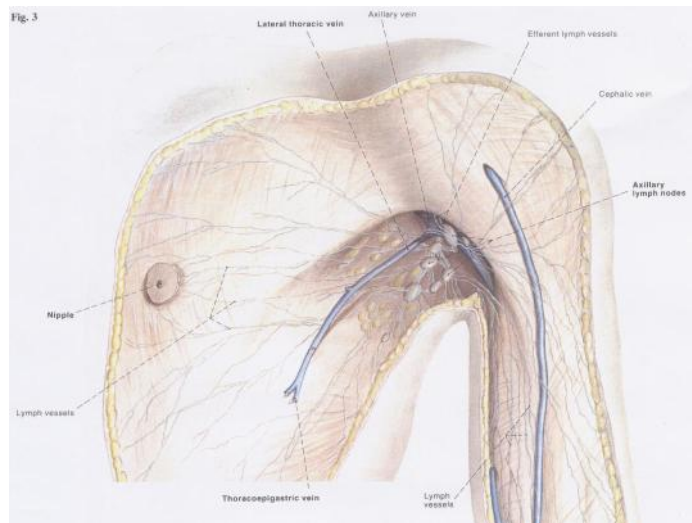
Breast tissue lies over the pectoralis major muscle of the chest and extends from the sternum across the chest ending in an extension of tissue up into the area under the arm known as the Axillary Tail of Spence. Strong bands of fascia known as Cooper's ligaments support the breast and it is these areas of fascia that stretch over time allowing the breasts to droop down on the chest wall.



Each breast contains multiple lobes, which are the milk-producing glands that empty into common ducts that then feed into 15-20 wider ducts that actually form ampulla or sacs that store the milk produced within the maternal breast. These sacs are attached to the nipple or mamilla in the center of each breast by larger milk ducts. However in order for the ducts to release milk, there must be muscular contraction, hormone stimulation and osmotic expression on the nipple. Montgomery's glands, located around the edge of the areola, release a fatty substance that protects the nipples during nursing. These are what produce the small bumps that are typically seen around the nipple

on the areola.

We probably never think about the blood flow that brings food and oxygen to the breast cells. The truth is that blood flow is an important consideration in the health of the breast tissue. Less blood flow means more toxins, less food, less oxygen and less immunity. But how can you judge if your blood flow is strong? Well, you can take a look in the mirror. All the major arteries that bring blood to the breast area pass through the neck muscles. That means, tension in your neck could clamp down on blood flow, particularly to the outside upper area of the breast. An overwhelming percentage of breast cancers occur in the outside upper area of the breast and into the Tail of Spence both areas that rely on the axillary artery coming from the neck area. Tension there can restrict blood flow and cause breast congestion in this high-risk area.



But even as breast tissue seems to sit waiting for its moment on stage during breast-feeding, hormones are present and circulating through the breast tissue throughout our lives. Estrogen and progesterone are the two hormones that are most responsible for breast development, size, composition

and function even beginning in adolescence. They are the determining factors in the development of the stroma and there is evidence to suggest that the health of the stroma (connective tissue) is the crucial factor in the origin of cancer.

First, you have to understand breast cancer, which begins in the ducts or the lobules of the breast. If it spreads outside of the ducts into the surrounding tissue, then it is considered invasive. Cancer cells spread by moving through blood vessels or the lymphatic system, often meeting no resistance from the immune system due to the presence of toxins or bacteria that prevent normal cellular division and normal immune function. Cancer can also occur from an invasion of the stroma by malignant cells resulting in an overabundance of fibroblasts, which normally create scar tissue. Other factors are adrenal fatigue, insulin resistance, environmental toxins and even iodine levels.

So how do you know what factors are prominent in your breast health? Let's take a look...

## **So what should I be concerned about?**

It is vitally important for women to understand all the contributing factors to disease of the breast tissue. That way you can assess your own risk level and reduce your risk level in many different ways. There have been many studies throughout the world that have turned up a number of factors to consider, all of which have a smaller or larger implication for your future breast health depending on you. The truth is that genetics is one of the smallest factors, with only 5-10% of breast cancer cases believed to be caused by heredity.



Begin by becoming very, VERY familiar with your own breasts. By regularly feeling and examining your breasts from every angle, you can detect changes immediately. The things to focus on are things that happen suddenly, that are not typical for you. These are the things that may indicate a concern. Here is a list of things that require more investigation:

- Any pain that is not related to your normal monthly cycle or that remains long after your period, or only in one breast.

- Any change in the size or shape of the breast whether larger or smaller.
- Any change in the skin of the breast such as puckering, dimpling or color change.
- Any lump or thickening of any area, particularly if it is not movable and feels very firm.
- Any change in only one breast.
- Changes to the nipple such as inversion, crusting, ulceration, redness or bloodstained discharge that occurs without squeezing.
- Any swelling or inflammation, unusual warmth in an area or raised marks on the skin.

The difficulty in preventing breast cancer is that most medical practitioners and medical textbooks do not even discuss the function of a healthy breast. This means that prevention is something that is not well understood because the real causes are not well understood. By reviewing which of the following factors are relevant to you, you can begin to plan how to keep your breasts healthy. Between 1950 and 1990 the overall incidence of breast cancer rose by 54% and currently the risk for a woman of developing breast cancer in her lifetime is 1 in 8.

Don't be the one.... Begin today.

## **Factors & Preventions**

### **Your age**

Well there's not much you can do about your age. You are the age that you are – except that the age of your cells and body tissues may not correspond to your actual chronological age. Oxidation is the biggest factor in the age of your cells. According to accepted research, your risk of developing breast cancer increases as you age. This may very well be as the result of oxidation and the number of damaged or mutated cells that we have due to oxidative stress and the resulting damaged cells. For this reason, tumors that are found in women less than 45 years of age are only invasive (metastatic) in 1 case in 8. Over 45, 2 in every 3 cases diagnosed is metastatic. In older women immunity is weaker, thymus gland activity is less, liver detoxification ability tends to be more compromised and the number of oxidative-damaged cells is greater, challenging our body's resources and responses.

#### **Solution: Begin now to increase your antioxidant levels with:**

- Fruits and leafy green vegetables in the diet.
- Green Tea
- Kangen Ionized Water which is more antioxidant than vitamin C.
- OPC Synergy – our organic grape seed extract

## Genetics

Despite the recent brouhaha, only about 5-10% of breast cancer cases are thought to be hereditary. If you have multiple relatives that have had breast cancer, then it is worth considering genetic testing. In those women that have tested positive for the BRCA1 & BRCA2 genetic mutation, the risk is five times more likely than in a woman without the genetic mutation.

**Solution: By boosting immunity, detoxifying the body regularly and keeping your antioxidant level high, the chances of those genes expressing themselves in ways that impact body function are much less, which is true of all genes. They express when the environment of the body favors them.**

- Maintain a regular schedule of colonic hydrotherapy to cleanse the colon and lymphatic drainage to cleanse and decongest the lymphatic system.
- Complete our 21 day Home Purification Kit twice each year.
- Complete a 3 week Liver Cleanse once each year (more often if you have a liver condition).
- Take Immuplex organic immune support and Echinacea Premium every day. A recent study with Echinacea Premium showed amazing increases in immune response and effectiveness.

## Dense or Congested Breast Tissue

In breast tissue that is dense and fibrous, there can be significantly more congestion of circulation, lymphatic drainage, toxic debris and pressure on ducts and glands. Studies have shown that women with denser breast tissue have a higher risk of developing breast cancer, often because breast cancer develops in the ductal area of the breast and women with larger and more fibrous breasts have larger amounts of glandular tissue.

**Solution: Maintain strong and uncongested circulation of blood and lymph to and through the lymphatic tissue.**

- Receive regular neck, shoulder and chest massage to increase circulation and reduce muscle tension that can restrict blood and lymphatic flow to the breast tissue.
- Get Swiss Phyto Lymphatic Drainage treatment of the breast tissue at least twice each year or more often for soreness, swelling or cystic conditions of the breast tissue.
- Get regular FAR Infrared Sauna sessions, which maintain blood flow and detoxification of the breast tissue as well as maintain strong immunity through all areas of the body.

## Chronic Breast Conditions

There are many chronic issues that can affect breast tissue such as mastitis, benign tumors or cysts and fibrosis. These rarely if ever develop into a cancerous situation, however the more frequent the issues,

the higher the risk. More complex issues such as complex fibro adenomas, severe scarring, and ductal hyperplasia are all conditions where cells exhibit rapid and uncontrolled growth spurts which can lead to malignancy if unchecked. One of the most common breast conditions is cysts. Most cysts contain calcified calcium, chlorine, environmental pesticides, heavy metals and even plastic. Stress can cause excess calcium to be released into the blood, which can then precipitate out of the blood and into tissues without the cofactors needed for absorption into muscles and bones. Most cysts, especially if they are painful or grow and recede with hormonal fluctuations, are benign. The ones to pay attention to are those that do not recede, are not movable, seem to change the shape of the breast or nipple, have grown suddenly and are firm, irregular and not painful.

**Solution: Get regular screenings of both Regulation Thermography and Mammography to identify changes in the breasts. In addition be sure to record your breast self-examination results so that you can tell if there are any substantial changes in cysts or fibrous areas.**

- Take Mammary PMG if you have any history of a chronic breast condition. This organic food complex helps to control cellular reproduction of breast tissue and maintain healthy glandular function.
- Take Goldenseal if you have any history of chronic bacterial infections.
- Take Calcium Lactate and Cataplex C daily for any unresolved skin irritation, rash, inflammation or heat.
- Take Cal-Amo daily to reduce the build-up of calcium precipitation that contributes to cysts.
- For breast cysts take Dermatrophin PMG daily to support normal tissue reproduction.
- Get regular Swiss Phyto Lymphatic Drainage sessions, which can reduce cysts by breaking up and removing mineral deposits and calcifications.



## **Hormonal Cycles**

Women who have experienced longer reproductive lives are at a slightly higher risk. This would include women who began menstruating at an early age (before 12) or who don't reach menopause until later in life, such as over 55. This means that they have had a longer lifetime exposure to reproductive hormones, which can contribute to problematic tumors in the breast tissue. This is more common in women

who have had irregular cycles or surges throughout the reproductive life of estrogen or progesterone creating imbalances in their normal cycle (see Estrogen Dominance History below).

**Solution: Do not take anything that forces your hormones to continue at a reproductive level when you naturally have entered menopause. This is a natural phase for the body and managing your hormonal levels through this important transition can mean the difference for your future health.**

- FemCo helps to balance your hormones throughout perimenopause and early menopause, reducing irritating symptoms.
- Livco supports the liver's ability to keep blood hormone levels even and balanced.
- While still maintaining your reproductive hormone levels, take Chaste Tree every morning to balance estrogen and maintain healthy menstruation.

### **Previous Chest Radiation Exposure**

Women who had frequent chest x-rays when young such as was common with pneumonia or bronchitis diagnosis or women who were treated with radiation for conditions during adolescence have a greater risk of breast cancer later in life. This is especially true if the breasts were in their developmental phase.

**Solution: Consider getting energetic treatment such as acupuncture or Reiki for the affected area, even years after exposure. This can help to restore the natural energy of the area and support the body's natural ability to heal.**

- Take Mammary PMG to support healthy immunity and cellular reproduction throughout the breast tissue.
- Take Eleuthero and Ginkgo, both herbs that have been clinically shown to protect tissues from radiation damage.

### **Drug Exposure**

There are many drugs which were given at various times throughout our health history that now have been shown to increase breast cancer risk. One commonly highlighted is Diethylstilbestrol or DES which was given to pregnant women to prevent miscarriage. Many drugs created side effects that disturbed normal hormonal production or healthy liver detoxification ability.

**Solution: Cleansing and detoxification from drug and pharmaceutical residue is done predominantly by the liver and the kidneys.**

- Do an intensive herbal liver cleanse and follow up with a strong extract of Milk Thistle to help restore normal liver ability.
- Take Arginex which is an organic kidney detoxifier.
- Take Heel Homeopathic Detox Kit in Kangen Ionized Water, which provides a strong and effective cellular detoxifier for the lymphatic system, kidneys and digestive system.
- Regular colonics help to dislodge and eliminate toxins from the large intestines.

- Consider acupuncture which is a highly effective therapy for the liver and kidneys.
- Get regular FAR Infrared Sauna which has been shown in clinical trials to speed the elimination of drug, nicotine and alcohol residue from the body with fewer side effects.



## **Pregnancy**

Many studies have shown that women who have their first child after age 30 or have no children run a higher risk of breast cancer. There is information to indicate that this may be due to the gestation period of pregnancy keeping reproductive hormones low for a long period of time, including breast-feeding time. Another thought is that it allows the opening and cleansing of the milk ducts in the breasts through the act of breastfeeding.

**Solution: Swiss Phyto Lymphatic Drainage is the only therapy shown to osmotically stimulate and support lymphatic cleansing of the**

**tissue of the breasts.**

- Get Swiss Phyto Lymphatic Drainage of the breast tissue at least twice a year, or more often if you have never had children or never breastfed.

## **Oral Contraceptive Use**

The use of oral contraceptives does raise the risk of breast cancer, however, once they are stopped the risk declines with time, indicating that the use of oral contraceptives should not continue late in the reproductive life when breast cancer risk is higher. Their use should also be discouraged if there are a number of other factors present that increase the risk.

**Solution: Consider alternative forms of birth control and do not use oral contraceptives for regulating your period. There are more natural options available for both.**

## **Hormone Replacement Therapy**

HRT when provided after menopause as a combined therapy (both estrogen and progesterone) seems to not only increase a woman's risk of breast cancer, but increases her risk of dying from breast cancer. This is also true of even "natural" or bioidentical hormones. Significant studies in various countries have shown that any exogenous (from outside the body) use of hormones, whether topically applied to the skin or taken internally create imbalances which are unpredictable and can contribute to an increase not just in the risk of breast cancer, but may also raise the risk of blood clots, heart disease and stroke.

**Solution: Do not utilize HRT or any exogenous hormone unless absolutely necessary for normal function for your age.**

- Consider a natural program to reduce negative symptoms of perimenopause such as hot flashes, night sweats, memory loss, irritation or emotional outbursts, vaginal dryness or to prevent osteoporosis.
- Support your body's normal glandular secretions instead of replacing your gland's normal function. If you consistently take any hormone replacement, you weaken your body's own innate ability to release that hormone and disturb the delicate balance with other hormones.
- Support your body's own tissues which secrete the hormone in question. This is especially true through menopause when tissues such as fat tissue, the liver and the adrenal glands take over the role of post-reproductive hormone release from the ovaries and uterus.

## Alcohol

There is a clear link between alcohol consumption and cancer. This seems to be more common in women with a history of liver issues or who consume alcohol daily. Those who have 2 to 5 drinks a day have 1 ½ times the risk compared to women do not drink alcohol.

**Solution: Everything in moderation is healthier for the body.**

- Consider that there is more to alcohol consumption than merely psychological factors. In many cases, sugar cravings are the basis for alcohol craving. Take Gymnema and Inositol to reduce sugar cravings and the craving for alcohol.
- Do a liver cleanse twice a year when consuming alcohol on a regular basis.
- Take Livaplex and Milk Thistle every day to support healthy liver function and detoxification.

## Obesity

Not just with obesity, but even women that are severely overweight have an increase in breast cancer risk. This isn't as simple as it seems. The truth is that your body fat stores significant levels of hormones including estrogen. When you go through menopause, the fat tissue becomes a significant contributor of estrogen, maintaining higher

than normal levels. This is truer for women that became overweight as adults instead of women who have been overweight their entire lives. Overweight women also tended to have higher blood insulin levels (insulin resistance), which can raise breast cancer risk. Excess fat around the middle, a common sign of adrenal insufficiency, is also an indicator of higher breast cancer risk.

**Solution: Do everything you can to maintain a healthy weight. This is especially important during periods of stress when many women tend to gain weight and have a more difficult time taking it off.**



- Complete our Seventh Day Perfect Cleanse, which can give you a jump on any weight loss endeavor.
- Complete our 21 Day Home Purification Kit which can reset your metabolism, change your habits and cleanse your pathways of elimination.
- Get regular sessions of FAR Infrared Sauna which can burn up to 600 calories in 30 minutes.
- Consider natural options to support you during times of stress, such as massage therapy, homeopathic remedies for symptoms of stress and adrenal support.

## Physical Activity

Everyone agrees that physical exercise reduces breast cancer risk. Even walking briskly for 1 to 2.5 hours per week reduced the risk by 18%.

**Solution: Get the exercise you need. Make the time. Push yourself to be consistent.**

- Help your body adjust to exercise with Ligaplex I natural support for muscles and joints.
- Add homeopathic remedies to support a higher metabolism such as Heel Energy formula.
- Take OPC Synergy and Vitanox after every workout to reduce muscle tension, muscle soreness and post-exercise fatigue.

## Dietary Considerations

Most studies agree that increasing your intake of green, leafy (cruciferous) vegetables reduces your risk, most likely because of the increased liver detoxification ability that these produce. A study of Cruciferous Complete by Standard Process published in the Journal of Alternative Therapies in Health and Medicine (March/April 2009) showed that the organic kale and Brussels sprouts complex improved the processing and balance of estrogen, which would then reduce breast cancer risk.



**Solution: Get at least two servings every day of leafy green vegetables including kale, Brussels sprouts, asparagus, broccoli, collard greens, mustard greens, peavine, alfalfa.**

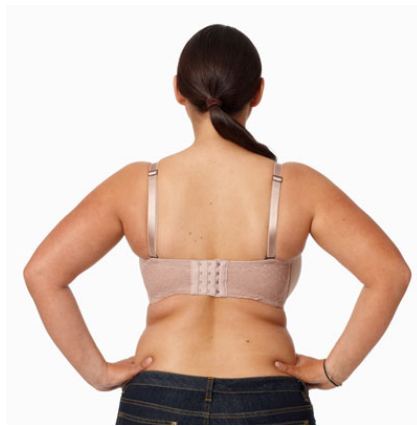
- Take one capsule each of Cruciferous Complete and SP Green Food to replace a day's serving of leafy greens.
- Need a chef's advice? Schedule a Food For Healing, Food For Life consultation with Kate Leighton, our organic chef and food advisor.

## Environmental Chemicals

There have been many studies done on breast cancer tumors from biopsies to dissections. As recently as June of 2011, Environmental Health News reported that scientists had released information that exposure to chemicals early in life may alter how breast tissue develops, raising the risk of breast cancer and problems with lactation later in life. The concern was that few chemicals used in the marketplace are evaluated for these types of effects. Tumors have contained everything from plastics to heavy metals to many pharmaceuticals that the individual was not even taking.

**Solution: Be sure to reduce your exposure to environmental toxins in your food, water, air and workplace. It is always easier to reduce your exposure than to reduce the toxic load in your body tissues.**

- Get a Tissue Mineral Hair Analysis to identify high levels of toxic metals and minerals such as arsenic, lead, mercury and aluminum.
- Make sure to have any amalgam fillings removed by a certified and competent dentist.
- Take Chelaco, Thyroid Complex and Livco for a complete and comprehensive heavy metal detox for at least six weeks.
- Only drink filtered water. We recommend Kangen Ionized Water which not only is free of all contaminants, but also is highly antioxidant. A home unit to produce the water also produces special water that can remove all toxic residues from pesticides and other contaminants from your fruits and vegetables.



### Bras

There has been no direct link made between bras and breast cancer, however there have been some very clear indications that restriction of the blood and lymph of the breast tissue made it more difficult to release toxins and to maintain stable cellular structure. Three separate studies involving thousands of women have shown that wearing bras or restrictive clothing caused a negative impact on the nervous system's ability to maintain a stable internal body environment while dramatically increasing the incidence of breast cancer. Now part of this may be due to the fact that women with denser and larger breast tissue wear bras and often bras that are too small, too tight and with significant amounts of under wire, all of which are obviously detrimental to healthy breast circulation. These studies also showed that women who went without bras had about the same incidence of breast cancer as men, while those women who wore a bra 18-24 hours a day had more than 100 times the incidence of breast cancer.

Cysts – many cysts contain calcified calcium, chlorine, environmental pesticides, heavy metals and even plastic. Stress can cause excess calcium to be released into the blood, which can then precipitate out of the blood and into tissues without the cofactors needed for absorption into muscles and bones. Most cysts, especially if they are painful or grow and recede with hormonal fluctuations, are benign. The ones to pay attention to are those that do not recede, are not movable, seem to change the shape of the breast or nipple, grown suddenly and are firm, irregular and not painful.

**Solution: Consider wearing camisoles instead of bras which are not restrictive and can still provide a bit of antigravity! When wearing bras, limit your time to only when you are away from home. Never wear a bra to bed, nor when just around the house and always choose a bra without an under wire.**

- Get professionally fitted for a bra so you are sure to have the right size. Be sure it does not bind and that when you remove it at the end of the day, there are no visible lines left in your skin.
- Get regular Swiss Phyto Lymphatic Drainage sessions which can offset the damage done by bras and restore normalized lymphatic flow, healthy circulation and breast tone.

## **Iodine**

One supplement that has been studied extensively around the world in its link to breast cancer is iodine. Research suggested that some breast cancers might be an iodine deficiency disease. For a number of years it has been shown repeatedly that there are iodine receptors in other areas of the body besides the thyroid, meaning that other tissues require iodine for health as much, if not more than the thyroid does. The breast tissue is one such area. The findings showed that iodine desensitized estrogen receptors resulting in less cell growth and causing anti-tumor effects. In fact, iodine caused more cell death than the chemotherapy drug, Fluorouracil. Even in the case of Benign Breast Disease (fibrocystic) women given iodine showed improvement of symptoms in 50% of cases.

**Solution: Pay close attention to your thyroid blood panels to be sure you are in the middle to the higher end of the “normal” range. Watch for any symptoms of thyroid weakness.**

- Take one tablet of Iodomere organically bound iodine each week for optimal health (not to be used with overactive thyroid).
- Consider having an iodine test to evaluate your iodine load.
- Get regular Swiss Phyto Lymphatic Drainage which can improve circulation and bring heavy molecules such as iodine more readily to target tissues.
- Increase foods that contain iodine such as sea vegetables, shellfish, asparagus, carrots, tomatoes, strawberries, mushrooms, egg yolk, some cheeses and some greens.



## Oral Pathology

For many years biologic dentistry has addressed breast cancer through the medium of oral health. In a five-year study of more than 500 participants it was shown that latent bacteria and pathogens in the oral cavity including neurotoxic microorganisms under root canals, abscesses, dental caries and even infections of the jawbone were present in 100% of participants. The use of antibiotics had little effect, and many of these infective agents had been present for years. In participants with breast cancer, in every single case pathogens were found in the mouth on the same side as the breast cancer. This would also explain many of the cases of recurrence of the cancer even after successful conventional treatment.

**Solution: Pay attention to your mouth. If you experience any inflammation, tooth decay, pain or other issues, seek professional help immediately. Don't allow problems to fester!**

- Be sure if you are considering a root canal that it is performed by a qualified Biologic Dentist to avoid complications in the future.
- Get acupuncture to balance the energy of the meridians through the mouth and the teeth.
- Be sure to reduce tension in the jaw with Myofascial Release for the jaw and an effective night guard.
- Use antibacterial agents in the oral cavity such as a natural antibacterial rinse, Kangen Ionized Water (2.5), liquid Goldenseal extract or Congaplex capsules.

## Lack of Blood & Lymphatic Flow

The breast tissue, especially larger breasts, does not receive strong blood flow due to the lack of muscle movement, high volume of fat tissue, muscle tension, scar tissue from surgeries and the restriction caused by bras and tight clothing. To compensate, the body will grow additional blood vessels in an attempt to maintain blood flow, a process that can be taken over by malignant cells and used to grow and spread. It may be possible for perfectly benign cysts to become dangerous simply because the body begins to compensate for lack of blood flow. Some studies have found correlations between an increased visibility of veins on one side and breast cancer because of the veins enlarging to accommodate excess blood not removed by normal circulation.

**Solution: Maintain healthy circulation with looser clothing, less muscle tension and heat.**

- Get regular massage therapy for your tense areas. It reduces that tension and also can increase vascular circulation by as much as 400% in one session.

- Get regular FAR Infrared Sauna treatments to increase circulation, increase detoxification and boost immunity.
- Get regular Swiss Phyto Lymphatic Drainage to decongest and support lymphatic circulation.
- Use Phyto topical gels to increase circulation such as Energizing gel.

## **Estrogen Dominance History**

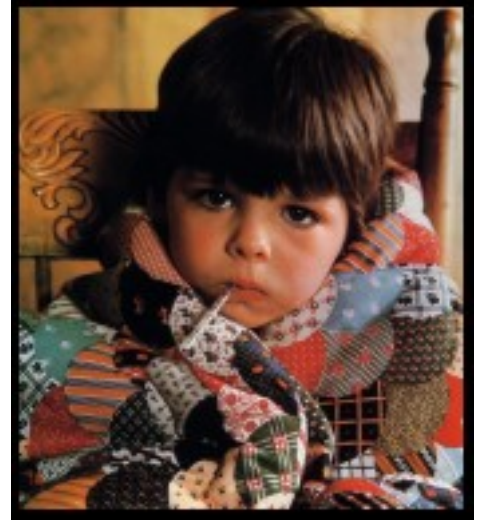
Estrogen is the building block for the growth of mammary glands and the branches of the ductal system. If a woman is estrogen dominant, not only would this produce chronic overbuilding of breast structure, but it would also produce tissue that is hypersensitive to the presence of estrogen factors. Studies indicate that 1/3 of tumors are estrogen dependent and will grow much faster when exposed to estrogen. Women with a history of obesity, low thyroid, high stress, PMS symptomology or fibroids / endometriosis all are exhibiting estrogen dominance. There is also the risk of exposure to estrogens in milk products, soy, oral contraceptives, meats and even water. produced outside the body and is ingested in milk, soybeans, oral contraceptives. An interesting note is that “nearly 60% of women diagnosed with breast cancer have no identifiable risk factors other than their hormonal environment.” This might be an important consideration, since almost 75% of breast cancer types are Infiltrating Ductal Carcinoma, which are hard, palpable tumors that begin in the ductal system and then metastasize to the axillary lymphatic nodes. High estrogen levels also speed up the reproduction of cells, making it more difficult for the body’s immune system to identify mutated cells when they occur.

**Solution: Do not live with symptoms of estrogen dominance such as ovarian cysts, fibroids, endometriosis, severe PMS symptomology, excessive bleeding, clotted menstruation, lengthy menstruation, swollen & painful breasts.**

- Take Chaste Tree tablets every morning to balance estrogen levels throughout the month.
- Take Dong Quai tablets to reduce negative symptoms of estrogen dominance.
- Take White Peony liquid beginning on day 15 of the monthly cycle (day one is your first day of bleeding) until the first day of bleeding to reduce excessive estrogen and protect the developed follicle.
- Take Livco to reduce excessive amounts of hormones in the blood through liver detoxification.
- Make sure to get sufficient levels of essential fatty acids that help to reduce inflammation such as Black Currant Seed and Borage oil.

## History of Infection

Some studies have indicated that the breast tissue may serve as storage sites for dormant strep or staph bacteria, which may become active during periods of localized immune challenge. This may account for the high incidence of mastitis among women with a strong history of chronic strep infections. The stagnation of fluid in breast tissue may provide the perfect environment for bacterial growth and development causing many women to experience soreness and pain in breast tissue on a daily basis. Another concern relating to immunity is the activity of the spleen. If the spleen is dealing with a severe immune challenge over time, which may be true of fibromyalgia, lyme disease or even herpes, mineral salts may precipitate out of solution and into tissue spaces, congesting the lymphatic system and preventing the proper delivery of blood, nutrition and oxygen to sensitive tissues.



**Solution: Be sure to explore all latent or chronic infections, whether symptomatic or not. Viruses, parasites and other pathogens can live in the body indefinitely weakening immune response and reducing vital body resources.**

- Get tested with Stress Meridian Assessment to identify latent infective agents.
- Be sure to do a good Parasitic cleanse once each year or more often if you live in a consistently hot environment.
- Take immune support every day to keep your immune resources stocked such as Cataplex C, Immuplex, Epimmune Complex and Echinacea Premium.

**Create your own personal plan for healthy breast tissue. For advice and resources, please contact ISIS Holistic Clinic at [www.isisboston.com](http://www.isisboston.com) or 617.734.4708.**