

Breast Cancer in the Modern World

Mammograms and Thermal imaging are great tools to aid in the detection breast cancer, but they only find a problem after it has begun and do nothing to detect the risk before the disease begins to manifest itself. It is obvious that waiting until a problem develops before trying to address it is one of the reasons why so many people die of cancer. It is possible to determine your risk of developing breast cancer and therefore to make intelligent diet, lifestyle and nutritional changes that may reduce the likelihood of manifestation.

Breast cancer is the most common cancer in women in U.S. accounting for 32 percent of all female cancers. Breast cancer is responsible for 18 percent of cancer deaths in women, and is second only to lung cancer as the cause of death from cancer among women in United States. In the year 2001 an estimated 192,200 women were diagnosed and 40,600 of these women died from the disease. The older a woman is the greater chances of developing breast cancer with approximately 77 percent of the cases occur in women over 50 years of age. Caucasian, Hawaiian and African-American women have the highest incidence of invasive breast cancer in U.S., four times higher than the lowest group including Korean, American Indian and Vietnamese women.

Cancer develops at a cellular level for years or decades before something can be identified using modern imaging techniques. While genetics point to breast cancer genes BRCA1 and BRCA2 to be implicated in only three to five percent of breast cancers. Accelerating the onset of menstruation from 16.5 years in 1842 to 13 years in 1995 and to 11 to 12 years old in the year 2003 parallels an increase in degenerative diseases later in life. The Shanghai Breast Cancer Study showed that women who exercised during adolescence and adult experience a 40% reduction of breast cancer. Researchers found two factors increasing risk of developing breast cancer meaning increased abdominal body fat distribution increased weight at age 30. Endocrine disruptors are synthetic or natural estrogens that act on the endocrine system mimicking, blocking or interfering in some manner in the natural instructions of hormones to cells. Well-known endocrine disruptors are the drug DES, dioxin, PCBs, DDT, pesticides, and plasticizers. Humans also reported in 2003 that women with Type II diabetes are 17 percent more likely to develop breast cancer than those without. The sources of estrogen includes endogenous formation from inside the body, xenobiotics from environmental toxins, and hormone replacement therapy. In every case whether one takes it or makes it, the body must metabolize it and this requires a healthy liver capable of methylation and phase I and Phase II liver detoxification. Famous studies indicate that breast cancer is vastly increased in countries where increased milk production per capita is known, the highest of which is in the free world, while Japan has the lowest incidence of breast cancer in the least milk production per person. Thyroid metabolism when reduced has also been shown to negatively effect metabolism of estrogen.

The seventh for citrus vegetables and results in certain metal groups informed the digestive tract which assists can leverage intoxication and reducing estrogen to healthy forms. Studies show a significant reduction in the risk of breast cancer with regular

consumption of Brassica vegetables including brussels sprouts, broccoli, cabbage, kale and turnips. Calcium d-Glucarate and DIM (di-indole methionine) are ways to reduce the Bata Glucaronidase from building up in the intestine that is associated with an increase in cancer activity.

To lower the risk of breast cancer simply reduce carbohydrates to stabilize insulin levels, eliminate dairy, reduce red meat and alcohol consumption, increase fiber, increase brassica vegetables, increase exercise, and the reduce exposure to xenobiotic estrogens. Nutritionally it is recommended that Livaplex and Livco with Vitanox be employed to reduce estrogens along with calcium d-Glucarate, and DIM be employed.

It is possible to change the outcome of cancer by understanding what created it. Do not wait for a lump to go bump in the night to awaken to all that can be done to support the health and well-being that may actually prevent all forms of cancer.