

# Breast Health

April 2019

This information is for educational purposes only and should not be considered as a substitute for medical advice from a licensed physician.

This information has not been evaluated by the FDA and therefore is not intended for prevention, treatment or cure for any medical disease or condition.

# Good Foods

The following foods are considered part of a healthful diet in general, and they may help to prevent the development or progression of breast cancer:

1. a wide variety of colorful fruits and vegetables
2. foods rich in fiber, such as whole grains, beans, and legumes
3. low-fat milk and dairy products
4. soybean-based products
5. foods rich in vitamin D
6. foods, particularly spices, with anti-inflammatory properties

<https://www.medicalnewstoday.com/articles/316720.php>

# Good Foods

**Studies have found the following fruits and vegetables to be good for preventing breast cancer:**

1. dark, green, leafy vegetables
2. peppers
3. tomatoes
4. eggplant
5. citrus fruit
6. carrots
7. broccoli
8. kale
9. onions
10. apples
11. pears
12. peaches
13. strawberries

<https://www.medicalnewstoday.com/articles/316720.php>

# Aluminum

- A [2002 study](#) looked at 813 women with breast cancer and 793 women with no history of breast cancer.
- The results did not show an increased breast cancer rate for women who reported using underarm antiperspirants/deodorant or for women who applied the product within one hour after shaving using a razor blade.
- In [2006](#), a smaller scale study supported the original findings, and in 2016, a [systematic review](#) also concluded that there is no link between antiperspirant and increased breast cancer risk.

<https://www.roswellpark.org/cancertalk/201807/truth-about-antiperspirant-use-and-breast-cancer-risk>

# Plant Estrogens

Dr. Horner writes in her book:

*"After all this research, I am very aware of the plant estrogen controversies," she says. "These are the following facts that I can tell you. Most of the concern over 'plant estrogens' come from one study that isolated and concentrated one chemical from soy, genistein, and gave it to women for one year as a supplement. At the end of the year, the breast cells in these women showed signs of stimulation. This study certainly raises the concern that taking isolated, concentrated genistein supplements does not protect the breast tissue and in fact may increase the risk of cancer."*

# Phytoestrogens

Dr. Horner writes in her book: (*Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer*)

*“Therefore, taking this type of supplement is not advisable (genistein). But many people leaped to the conclusion that all soy foods or anything with phytoestrogens in it must have the same effects in our bodies and should be avoided. But, thousands of studies show eating foods high in 'plant estrogens,' like whole soy foods, lower the risk of breast cancer. Whole soy foods have many different 'phytoestrogens' in them as well as hundreds of other constituents and are clearly processed in your body differently from the isolated chemical genistein.”*

# Flax seeds

“Flax seeds, for example, also contain phytoestrogens and, according to Dr. Horner, there are hundreds of studies showing that flax not only protects against breast cancer more effectively than any other food we know of, but may also **shrink breast tumors**.

In one of Dr. Thompson's studies, she found that **estrogen-positive breast tumors shrank in every woman given flax seeds for three weeks.**”

Dr. Horner writes: *“Flax seeds contain 100 times more lignans than any other known plant source and **are one of the most power foods you can eat to lower your risk of breast cancer.**”*

<https://articles.mercola.com/sites/articles/archive/2013/10/20/breast-cancer-prevention.aspx>

# Health Benefits of Flaxseed

- As flaxseeds are high in lignans, they play a significant role in **blocking the effects estrogen may have in producing estrogen-driven cancers such as breast, uterine, ovarian and prostate cancer.**<sup>11</sup>
- Postmenopausal women with high intakes of dietary lignans have a **15 percent lower risk of breast cancer** than women with low intake.<sup>12</sup>
- A meta-analysis of 21 studies<sup>13</sup> also linked **high lignan intake with a reduced risk of breast cancer**, while a Canadian study<sup>14</sup> found a diet high in flaxseed was associated with a reduction in breast cancer risk.

<https://articles.mercola.com/sites/articles/archive/2019/02/18/flaxseed-health-benefits.aspx>

<sup>11</sup> [Linus Pauling Institute, Lignans](#) <sup>12</sup> [British Journal of Cancer. 2009;100\(9\):1492](#) <sup>13</sup> [American Journal of Clinical Nutrition 2010; 92\(1\):141](#) <sup>14</sup> [Cancer Causes and Control 2013;24\(4\):813](#)



# Estrogen and Progesterone

About 70% of breast cancers are ER+ (estrogen receptor-positive), and most of these breast cancers (about 87%) are also PR+ (progesterone receptor-positive).

Actually, doctors have known for a long time that women with high levels of both **estrogen and progesterone receptors** (high ER+ and PR+ status) often have the best chance of surviving.

<https://thetruthaboutcancer.com/progesterone-and-breast-cancer/>

# Natural Progesterone

- When breast cancer develops, the tumor cells become overly sensitive to estrogen. When estrogen activates the estrogen receptor, it turns on a panel of genes that tell the cells to keep dividing, driving tumor growth.
- However, when breast cancer cells have working progesterone receptors, and there is sufficient progesterone available, progesterone will slow down estrogen fueled growth and division of these cells.

<https://thetruthaboutcancer.com/progesterone-and-breast-cancer/>

# Progesterone

- They found that progesterone – via the progesterone receptor – is somehow affecting how the estrogen receptor works.
- Interestingly, they found that the progesterone receptor, in effect, “reprograms” the estrogen receptor, changing the genes that it influences.
- But, the most important part was the overall effect this has on the cancer cells themselves. Progesterone seemed to cause the cells to stop growing as quickly.
- Dr. Carroll’s findings further explain why the receptor itself is the direct reason why women who have both ER+ and PR+ have a better outlook than those with just ER+ or receptor-negative cancers.

<https://thetruthaboutcancer.com/progesterone-and-breast-cancer/>

# Turmeric and Vitamin D

- Turmeric can slash your risk by about **half**, while optimizing your vitamin D levels has been shown to cut breast cancer incidence by **77 percent** in four years!
- Your vitamin D levels should be around 70-100 ng/ml.

<https://articles.mercola.com/sites/articles/archive/2013/10/20/breast-cancer-prevention.aspx>

# Is iodine a gatekeeper of the integrity of the mammary gland?

- The high consumption of this element has been associated with the low incidence of benign and cancer breast disease in Japanese women.
- In animal and human studies, molecular iodine (I<sub>2</sub>) supplementation exerts a suppressive effect on the development and size of both benign and cancer neoplasias.
- We propose that an I<sub>2</sub> supplement should be considered as an adjuvant in breast cancer therapy.

<https://www.ncbi.nlm.nih.gov/pubmed/16025225>

# Iodine

- Seaweed is an important dietary component and a rich source of iodine in several chemical forms in Asian communities.
- Their high consumption of this element (25 times higher than in Western countries) has been associated with the low incidence of benign and cancerous **breast and prostate disease** in Japanese people.

<https://www.ncbi.nlm.nih.gov/pubmed/23607319>

# Iodine

- Women with goiter have 3 times greater incidence of breast cancer.
- Researchers have been able to produce breast cancer in animals by restricting iodine intake, as it appears iodine modulates the effect of estrogen on breast tissue.

# Iodine

- Good sources of dietary iodine include iodized salt, seafood, kelp, seaweed, asparagus, spinach and Swiss chard.
- However, the body does not store iodine for long periods of time, so regular intake through diet or supplementation is important.



# Iodide

- Iodide is the ion state of iodine, occurring when iodine bonds with another element, such as potassium.
- In this form, iodine can be ingested or applied topically.
- Dietary iodine also occurs naturally as an iodide, such as potassium iodide or sodium iodide (the kind typically placed into salt).
- When you purchase iodine from the local store, it's usually an iodide solution. This combination allows the body to absorb and use it safely.
- Iodides do have the drawback of requiring additional energy from the body to break the iodide bond to use the iodine.

# Iodine

- Iodide can also convert into I<sub>2</sub> (iodine)
- By providing potassium iodide, we are actually providing both iodide and I<sub>2</sub> (iodine).
- It is fairly well known that the thyroid gland prefers potassium iodide and breast tissue prefers I<sub>2</sub> (iodine).
- Excess iodine does not build up in the body the way other heavy metals do. Iodine is water soluble and excess iodine is flushed from the body.

# Iodine

- The US recommended dietary allowance (RDA) for iodine is 150-290 micrograms (mcg) for adults, while the Food and Nutrition Board of the Institute of Medicine has set the tolerable upper limit at 1,100 mcg.
- These guidelines may be inadequate to address certain health conditions because 60-80% of a person's iodine intake is absorbed by non-thyroidal tissues, such as breast tissue.
- Daily iodine doses of 3,000-6,000 mcg have been used safely in studies of people with fibrocystic breast condition.

# Iodine

- Iodine deficiency is associated with fibrocystic breast disease, which can be effectively treated or prevented with iodine supplementation [24](#).
- Fibrocystic breast disease affects at least 50% of women of child-bearing age and is associated with an increased risk of developing breast cancer [25](#).

<http://www.jcancer.org/v08p0174.htm>

# Iodine

- In women with fibrocystic breasts, the relationship between cell growth and cell death is out of balance, which leads to excess breast tissue resulting in breast discomfort.
- Molecular iodine has been demonstrated to normalize this imbalance and consequently helps alleviate the associated symptoms of breast tenderness, swelling, heaviness and aches, while promoting breast health.
- Clinical studies have shown that a daily regimen of molecular iodine can provide relief from cyclic breast discomfort associated with fibrocystic breast condition.
- Molecular iodine has been used in clinical trials of 1476 women. A study showed that up to 74% of women experienced improvement in their breast discomfort.

# Fibrocystic Breast Disease

- When our enzyme stores are being depleted due to chronic stress and inflammatory activity the fibrolytic tissue builds up.
- When the body has an abundance of fibrolytic tissue build up we end up with things like **fibrocystic breast disease**, uterine fibroids, endometriosis and arteriol sclerosis.
- Systemic enzymes eat fibrolytic tissue and prevent the fibrosis of our organs and tissues ([15](#)).
- They have a remarkable ability to not only prevent all of the above conditions but also to eat up old scar tissue. This includes surgical wounds, pulmonary fibrosis, kidney fibrosis and even old keloid plaques.

<https://drjockers.com/systemic-enzymes-powerful-immune-support/>

# Detecting breast cancer

Detecting breast cancer early is the key to successful treatment and recovery. Women are advised to perform a self-breast exam every month.

Other standard methods for early detection of breast cancer include:

1. Ultrasound – If a clinical exam confirms a breast lump, the doctor may call for an ultrasound imaging test. The anatomical contour of breast tissue and blood vessels can be traced by ultrasonic waves to detect lesions.
2. Mammogram – An x-ray taken by a special machine that squeezes the breast between two plates to take front and side views.
3. Biopsy – The most invasive breast exam procedure that produces the most definitive results, this confirmation often follows a doctor's suspicion that a lump may not be benign (harmless).

[http://thehealthedge.com/2018/12/21/thermography-best-test-for-breast-cancer/?stella\\_list=stella\\_list](http://thehealthedge.com/2018/12/21/thermography-best-test-for-breast-cancer/?stella_list=stella_list)

# MRIs and Elastography

1. MRIs, which do not use ionizing radiation, are not a practical tool as they are very expensive, and, like mammograms, they're not very specific.
2. Several studies published since 2007 have concluded that elastography ultrasound (type of sonogram) is a useful tool for detecting cancers without using harmful radiation. It also helps reduce the number of unnecessary biopsies from false-positive mammography readings.

<https://articles.mercola.com/sites/articles/archive/2013/10/20/breast-cancer-prevention.aspx>



# Mammograms

As Dr. Horner writes in her book: [Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer](#)

- *"A European study published in 2012 found that when those who have the genetic predisposition for breast cancer (BRCA1 or BRCA2 gene mutation) are exposed to any diagnostic radiation before age thirty, their **risk of breast cancer increases by 90 percent**.*
- *The study also found that a history of mammography before age thirty **raised the risk by 43 percent**. In fact, even one mammogram before the age of thirty for those with the BRCA1 gene mutation was associated with an increased risk.*
- *A newer type of mammogram touted to be much better at detecting breast cancers, called tomosynthesis, takes a 3-D image of the breast. You definitely want to avoid this type of mammogram because it uses three times more radiation than the standard type!"*

# Mammograms

1. Are **incorrect 80 percent of the time** (providing a false negative or false positive)
2. Use compression, which can damage breast tissue or **potentially spread cancer**
3. Are **not effective for up to 50 percent of women** (women with dense breasts or implants)
4. Can **lead to over-diagnosis and over-treatment** of non-invasive cancers
5. Can lead to the disturbing practice of "preventative" **double mastectomies**

<https://articles.mercola.com/sites/articles/archive/2013/10/20/breast-cancer-prevention.aspx>

# Mammograms

- Mammograms are now known to be less reliable in women with dense breasts, which is estimated to be more than half of all women over the age of 40.
- Because of this, going forward healthcare providers will need to give women more information about risks associated with dense breasts and other factors that can make it more difficult to accurately screen for breast cancer.

<https://draxe.com/mammograms-cause-cancer/>

# Mammograms

Women are avoiding mammography for five good reasons:

1. Leads to over-diagnosis and over-treatment
2. Does not reduce the mortality rate
3. Exposes women to high levels of radiation
4. Can cause increased anxiety and worry over abnormal results
5. Mammograms are not prevention

[http://thehealthedge.com/2018/12/21/thermography-best-test-for-breast-cancer/?stella\\_list=stella\\_list](http://thehealthedge.com/2018/12/21/thermography-best-test-for-breast-cancer/?stella_list=stella_list)

# Thermography

“Thermography does not require mechanical compression or ionizing radiation, and can detect signs of physiological changes due to inflammation and/or increased tumor related blood flow approximately 8-10 years before mammography or a physical exam can detect a mass.”

<https://articles.mercola.com/sites/articles/archive/2013/10/20/breast-cancer-prevention.aspx>

# Thermography

- “But it's important to understand that thermography does not diagnose cancer.
- Again, higher temperature readings indicate higher levels of inflammation, which can lead to cancer.
- But if your thermogram shows areas of high inflammation, it doesn't mean you have cancer.”

<https://articles.mercola.com/sites/articles/archive/2013/10/20/breast-cancer-prevention.aspx>

# Thermography

Dr. Horner writes in her book:

*"Research shows that, unlike mammograms, when thermography suspects something is wrong, it usually is. A study published in the American Journal of Radiology in January 2003 concluded that this technology could help prevent most unnecessary breast biopsies: 'Infrared imaging (thermography) offers a safe noninvasive procedure that would be valuable as an adjunct to mammography in determining whether a lesion is benign or malignant.'"*

<https://articles.mercola.com/sites/articles/archive/2013/10/20/breast-cancer-prevention.aspx>

# Thermography

Women are asking their doctor for thermography because it is:

1. Effective for young, dense breasts and implants
2. Able to detect cell changes in the armpit area
3. A great additional test
4. Painless
5. Involves no radiation
6. Very safe – even for pregnant and nursing women

[http://thehealthedge.com/2018/12/21/thermography-best-test-for-breast-cancer/?stella\\_list=stella\\_list](http://thehealthedge.com/2018/12/21/thermography-best-test-for-breast-cancer/?stella_list=stella_list)



**PDFs of the presentations are available at**

**[https://www.lifetraininginstitute.org/  
resource-links.html](https://www.lifetraininginstitute.org/resource-links.html)**