

Your Self-Care Corner

Optimizing Breast Health

Let's face it - the best way to avoid cancer is to prevent it. It's important to know (and always remember) your *first* Pearl of Prevention: Your breasts, as glandular organs, are prone to toxin storage, and as a result, are very vulnerable to cancer. Hence, all cancer prevention begins with the process of adequate detoxification and waste by-product elimination. A good cancer prevention program supports the body's inherent ability to break down toxins and steroid hormone metabolites. A good prevention program will also improve the natural process of waste removal.

What does such a Breast Health Support Program look like?

There are three critical cornerstones of a proactive cancer prevention program: **Nutrition, Supplementation and Screening**. What you eat, what you take and how you screen make all the difference.

Here are the "pearls" we want to share with you:

Prevention Pearl #1: Nutrition

As always, nutrition is key. "*Health-full*" cancer-prevention eating really revolves around **NOT** putting things in your mouth that the body has to work hard to detoxify and eliminate. These foods will reduce the strength of your own, built-in cancer prevention system.

Avoid eating refined carbohydrates, such as packaged and fast foods. Instead, take the time and make the effort to create and prepare wholesome meals each day, and make *eating right* a priority. You should eat at least four cups of vegetables and two servings of fruit each day. This is not just because of all the fiber these foods contain, and the colonic detoxification that fiber provides, but also because the nutrients found in vegetables and fruits actually facilitate detoxification.

Prevention Pearl #2: Supplementation

The supplements you take for cancer prevention will support your healthy diet. They support the liver's ability to safely break down and eliminate toxin and hormone metabolites, which may cause normal cells to mutate into cancer cells. These supplements are very powerful because they up-regulate your body's defense system and promote healthy cell behavior.

So, what should you take?

Phytoestrogens -- They are a group of naturally occurring chemicals derived from plants. They have a structure similar to estrogen and form part of our diet. **Natural, unrefined soy products** are in the phyto-estrogen family. They contain an abundance of *isoflavones*. Isoflavones and isoflavone-rich foods (tofu, tempeh, miso, edamame beans, etc.) possess activity against cancer, including breast cancer. They are also very strong antioxidants.

There are many studies to assess the association between phytoestrogen intake and the risk of breast cancer. Substantial reduction in breast-cancer risk is found among women with a high intake of phytoestrogens, particularly the isoflavonic phytoestrogens. Observational studies suggest a protective effect of isoflavones on breast cancer risk. Findings also suggest a risk-reducing rather than risk-enhancing effect of isoflavones on breast cancer. Women may benefit from risk reduction if they consume at least moderate amounts of isoflavones.

Wholesome soy isoflavones are best found in miso, tofu, tempeh, edamame beans and organic soy milk. 50-90 mg isoflavones can be found in:

- 2/3 cups of soybeans (edamame beans)
- 2/3 cake of tofu
- 2/3 cups of soymilk

In addition to organic, wholefood (i.e. not soy protein isolate formulations) soy products, isoflavones can be found abundantly in many food sources. Other legumes such as lentils and beans such as black beans, as well as, alfalfa, red clover, peas and green beans all contain substantial amounts of isoflavones.

Breast Health Support Program

Daily supplements for your proactive breast health support program should include:

[Vitamin D-3 1,000 IU](#) - 2 capsules daily. Intake of 2,000 IU per day of Vitamin D-3, and, when possible, very moderate exposure to sunlight, could raise serum 25(OH)D to 52 ng/ml, a level associated with reduction by 50% in the incidence of breast cancer, according to observational studies.

[A soy based protein powder](#) with pure water extracted soy protein isolate, preferably in a fermented formula.

PLUS

Diindolylmethane (DIM) is a very easy supplement we can add to our breast health support program as well as obtain from our diet. It is produced by members of the family Cruciferae. Most of us know this family of vegetables as, broccoli, Brussels sprouts, cauliflower and cabbage. Although available in the diet, it is hard to get enough DIM through food alone. DIM has been found to be a potent chemopreventive agent for hormonal-dependent cancers such as breast and cervical cancer.

WITH

[Calcium-D-Glucarate 500 mg](#), 2 capsules each evening. This product enhances the body's natural defenses against toxins and steroid metabolites.

Prevention Pearl #3—Screening

Schedule your breast cancer screening thermogram today!

Thermography is a non-invasive procedure which uses a specialized camera to take pictures of your infrared image. Your Digital Infrared Thermal Image (DITI) is used by a health care practitioner to help diagnose pathology in your body.

Early Detection Saves Lives and THERMOGRAPHY is the key to early detection.