

10 Steps for Avoiding Breast Cancer

By Dr Jeanne Stryker, MD

We are now discovering there are many causes of cancer, viewed by the majority as the most dreaded disease. What does this really mean and what can we do about it? When I first see a patient in my office, I explain my program for avoiding breast cancer as a step by step process.

1. **Diet** – Avoid anything white! It is true that when you eat refined carbohydrates (pasta, white rice, cookies, cakes and pies), sugar, processed foods as well as hormone and antibiotic injected meat, poultry, dairy and pesticide ridden fish, you cause an elevation in your insulin and glucose levels; increase your inflammatory white blood cells, and trigger a cascade of negative events. A chronic diet of refined white foods causes a condition called **insulin resistance**. Insulin resistance is one risk factor linked to breast cancer. Consuming a diet with fresh fruits, vegetables and alkaline, ionized water will help to keep your gastrointestinal system, kidney and skin clean and functioning properly; these organs are crucial to detoxification and excretion. **Eat a rainbow of colored foods** which are high in lycopenes (relative of carotene which is in carrots); these interfere with the growth promoting effect of IGF-1 on breast cancer cells, and they improve the expression of breast cancer suppressor genes, BRCA1 and BRCA2. IGF-1, insulin growth factor, is a hormone similar to insulin which supports cancer development. In summary, when you eat a variety of fruits and vegetables every day, you reduce your risk of breast cancer.
2. **Lifestyle Choices** - Prevention is the key! Choose the correct path with the help of specialized healthcare practitioners who can provide you with testing and treatments options that are not available in conventional medical offices. They can provide services for hormones and hormonal balance in addition to breast imaging prevention and screening with thermography and sonography. In addition, you should make the choice to eat right, take supplements, exercise, reduce stress, rest, and avoid environmental toxicity and experience joy every day!
3. **Toxin Elimination** - We live in a toxic world. We consume food injected with hormones and antibiotics and are exposed to environmental chemicals and pollutants which means you have more carcinogens and hormone disruptors in addition to synthetic estrogens which your body sees as a powerful estrogen

(xenoestrogen). The result is that your body becomes an estrogen dominant environment. Powerful estrogens communicate with your DNA, meaning they can potentially send an incorrect message; even worse, these estrogens can cause excessive cell proliferation (growth) in cells with damaged DNA. Now, you have awakened the cell and caused abnormal growth. A consistent detoxification program combined with proper exercise will ensure that these poisons leave your body. Drink Liv Sxinney a product filled with chlorophyllins and Fulvic minerals which scientists have found to be important in detoxification and assist in nutrient assimilation.

4. **Hormonal balance** - This enables all of your hormones to perform their job accurately and adequately so you experience the advantages of each one, not the disadvantages associated with imbalances such as abnormal cell growth and proliferation, physiological changes and emotional upset. Hormones can be balanced through natural hormone supplementation, herbal therapies and acupuncture.
5. **Specific Nutrients** - These supplements act as catalysts in enzymatic reactions in the hormone, neurotransmitter and detoxification processes - all critical functions to prevent breast cancer. I always recommend 1000 ucg of methylated B12. It helps in Phase II liver detoxification through a process called methylation. This process weakens the estrogen hormone so it is excreted in the bile for delivery to the intestinal or kidney system for excretion; it also encourages an estrogen metabolite called 2-OH estrone which can help repair DNA. I also suggest at least 800 ucg of activated folic acid (involved in formation and repair of DNA and also methylates). Cruciferous extracts called DIM (200-400 mg a day) can help especially if you have estrogen dominance (relative excess of estrogen to progesterone). DIM is the active anti-breast cancer agent and causes breast cancer cells to commit suicide (apoptosis). It shows great potential in preventing cancer, especially hormone-related cancers including breast and prostate. If sleep is an issue, melatonin, 3 mg before bed, is also preferred. Melatonin, which also has antioxidant capabilities, is the end of the pathway of serotonin which is a natural antidepressant neurotransmitter; it helps you to sleep so you regenerate, rejuvenate and repair. 5000 IU of vitamin D3 causes an arrest of cancer cells and causes them to return back into a normal cell. Taking a multi vitamin and mineral is also recommended; it should be from a pharmaceutical grade company with a certificate of analysis.

6. **Powerful antioxidants** - These are needed to scavenge the free-radicals of your body that cause oxidative stress or rusting. Rosemary, turmeric and curcumin are anti-inflammatory while vitamin C, A, E (mixed tocopherols), green tea extract and its ingredients, called catechins, block the effect of estrogen on its receptor, thus reducing the growth of cancer cells. Antioxidants block the bad enzyme (aromatase) which converts testosterone into estrogens while causing cancer cells to commit suicide (apoptosis) and blocking cancer vessel growth with an enzyme called telomerase. Vitamin D (at least 5000 IU) is essential even if you live in southern California or Florida; consider blood testing to evaluate your levels. Iodine is also important; not only for thyroid function, but breast cells have iodine receptors which are important for the utilization of energy at the mitochondrial and nuclear DNA level. I routinely place women on 12,500 to 25,000 mg a day of iodine. Remember, our soil is so depleted today of minerals and nutrients that even consuming organic vegetables will not provide the nutrients needed.
7. **Immune support** - You can support your immune system with vitamin C (2500 to 5000 mg day) unless you experience bowel discomfort; if you do, decrease this recommendation by 25% of the dose. Mushroom derivatives such as Maitake fraction "D" increase the natural killer activity (NK) in cells as well as increase IL-2, which are cancer suppressive cells or polysaccharide peptides (PSP). Quercetin 200-400 mg three times a day prevents cancer cells from multiplying and dividing. This causes tumor regression or symptom improvement. By providing this type of nutritional support to your immune system, you are allowing it to do its job and function properly.
8. **Stress Reduction.** Stress, whether emotional, environmental, biological, physical or physiological prompts a reaction in the adrenal glands causing a rise in stress hormones; cortisol, decrease in DHEA, decrease in melatonin, decrease in immune cytokines (proteins produced by a variety of inflammatory, immune and infectious cells in order to communicate), decrease in progesterone and the production of a "bad" form of estrogen (estrone). When it comes to stress, prevention is really the key. Live one day at a time; enjoy one moment at a time; and accept hardships as the pathway to peace and character. Find time to meditate, pray, surround yourself with positive people and stay away from negative people. And always remember to accept the things you cannot change; have courage to change the things you can; and the wisdom to know the difference.

9. **Exercise** - Any form increases endorphins - those chemicals that make you feel good. Technically speaking, you should alternate between aerobic exercise (cardiovascular) and anaerobic exercise (stretching and weight resistance). Exercise will help you feel better, work your muscles and sweat out toxins!
10. **Rest** - Relax, meditate, and sleep at least 6-8 hours a night so that your immune system and endocrine system (mainly adrenals gland, hypothalamus and pituitary glands) can communicate and encourage regeneration; at the same time, your body will recognize abnormal cells and preprogram them to die.

Prevention is the key. Choose the correct path with the help of hormone, nutritional genomics and urine estrogen metabolite testing, thermography and ultrasound. Eat right, make good life choices, eliminate toxins, balance your hormones, supplement, reduce stress, exercise, drink alkaline water and rest. Follow these steps and you will stay healthy, happy and enjoy a spiritual relationship with the world each and every day.

Thank you and have a blessed day!

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