



Ladies

Protect the Health of Your Breasts the Natural Way

According to American Cancer Society estimates, about 185,000 American women will develop breast cancer this year. About 46,000 women will die from it, making breast cancer the leading cause of death for women aged 40-55. Twenty-five percent of all cancers in women are of the breast, and currently one in eight women will develop breast cancer in her lifetime.

Breast cancer is primarily an estrogen-dependent cancer. That means, it is triggered by exposure to excessive amounts of estrogens, not just the estrogens the body makes, but environmental chemicals that mimic estrogen, known as xenoestrogens. The reason breast cancer rates have increased about 1% per year over the last 50 years (about 53% total) is because of our increased exposure to these xenoestrogens.

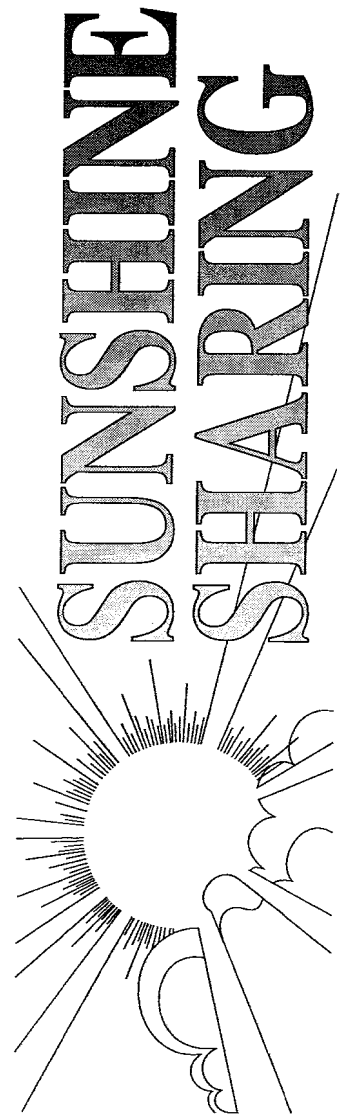
The good news is that when we know the cause of something, it also means we can take steps to prevent it. It's very likely that 50% of these cancers could be prevented by taking some of the simple steps outlined in this issue of *Sunshine Sharing*, especially with regards to improved nutrition and avoidance of xenoestrogens.

National Breast Cancer Awareness Month

October 2009 is the 25th anniversary of National Breast Cancer Awareness Month and women all over the country will host events to encourage women to be regularly screened for breast cancer and to raise money for treatment. What is sad is that very little real effort is put into researching prevention, and almost no funds are spent researching alternative therapies to the standard radiation and chemotherapy.

This is sad, especially in light of a recently published study in the July 20, 2009 *Journal of Clinical Oncology* indicating that radiation treatments for cancer in childhood dramatically increase the risk of breast cancer later in life. This brings up the question, are mammograms (routine x-rays of the breast) a safe means of early breast cancer detection, especially when a safer option, thermography, is becoming increasingly available?

What is needed most, however, is not early detection, but prevention. Hopefully, you'll take this opportunity to educate others and make them aware that xenoestrogens and poor diet have contributed to the epidemic problems we are having with breast cancer. As you will see, making changes that reduce your risk of breast cancer will also help you prevent and heal many other female reproductive health issues. It will also enhance your mood, immunity and overall health. In other words, these lifestyle changes will give you side benefits, instead of side effects.



Your guide to better health the natural way.

Vol. 20 No. 9

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or comments@treelite.com.

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Avoid the Alien Estrogens Attacking Your Health!

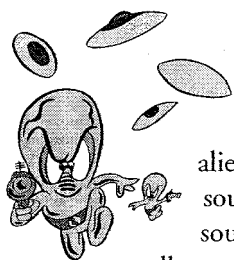
On page one we mentioned the problem of xenoestrogens. Xeno means foreign and is used in science fiction movies to refer to aliens. Perhaps you've seen some of the sci fi movies where aliens invade Earth by taking over the bodies of human beings. Well, the xenoestrogen invasion may not be quite that dramatic, but it is an invasion, none the less.

Xenoestrogens are chemicals that mimic estrogen, so when they get into the body they attach themselves to estrogen receptors and overstimulate them. This invasion of alien estrogens wreaks havoc with both women and men's health. In case you haven't noticed, these "aliens" are causing girls to enter puberty and start developing breasts at younger and younger ages. They are the primary cause of breast cancer and a major factor in the development of numerous other female health problems—breast cysts, uterine cancer, uterine fibroids, endometriosis, heavy menstrual bleeding and PMS. They are also a major cause of miscarriages.

Men are not immune from the effects of these alien estrogens either. They are causing reduced testosterone levels and sperm counts creating a world wide decline in male fertility. They are also the major cause of BPH (prostate enlargement), male breasts and prostate cancer.

Just like in the sci fi movies, the invasion of these alien estrogens is largely going unnoticed. We need heroes who can start waking people up to this very real danger to our health.

Identifying the Source of the Xenoestrogen "Invasion"



Before we can start combating these alien estrogens, we need to understand the sources of these foreign chemicals. A major source of xenoestrogens is pesticides, specifically organochlorine pesticides like DDT. Although DDT was banned in the US, other organochlorine pesticides are still in use in the United States, and DDT is sold to countries who use it on crops we import.

In 1990, two researchers discovered that a ban on these chemicals in Israel had resulted in a drop in cancer rates from 1976 to 1986 of almost 50%. This was in spite of the fact that other supposed risk factors for breast cancer had increased during that same period. This is not surprising since animal studies from the 1960s demonstrated these chemicals caused breast cancer in rats.

So, until we can get these chemicals banned in the US, we can reduce our exposure to xenoestrogens by buying organically-grown produce wherever possible and washing all produce in a natural soap like **Sunshine Concentrate** to remove pesticide residues. However, pesticides are not the only avenue of the xenoestrogen invasion.

Estrogens are commonly fed to dairy cattle and chickens to increase milk and egg production, so they wind up in commercial

meat, eggs and dairy products. This is in addition to pesticide residues that wind up in these foods. So, buying organic meat, eggs and dairy products reduces one's exposure to xenoestrogens. If one is using non-organic meat and dairy, it is best to avoid the fat, where xenoestrogens concentrate.

Another major source of xenoestrogens is plastics. Soft plastics in particular contain chemicals that act as xenoestrogens. Don't let children chew on soft plastic toys! Don't buy milk or other foods in soft plastic containers. Water bottled in soft plastic containers will become contaminated with xenoestrogens when exposed to heat. Microwaving food in plastic containers or putting hot food into plastic containers will also cause xenoestrogens to leak into the food. Stick with hard plastic containers or better yet, use glass.

There are also xenoestrogens in some laundry detergents, household cleaning products, shampoos and cosmetics. Use natural products to avoid these chemicals.

Phytoestrogens: Plants to the Rescue

You can also protect yourself from the effects of xenoestrogens by consuming more phytoestrogens. Phytoestrogens are plant compounds that mimic estrogen. Phytoestrogens are not aliens, however. Our body understands how to metabolize them correctly and research suggests that they can help to block the action of xenoestrogens.



Some of the best sources of phytoestrogens are dark green leafy vegetables, legumes (beans and peas of all kinds, not just soy products), whole grains and flax seeds. Herbal remedies can also be used for their phytoestrogenic effects. For example, red clover contains phytoestrogens and has been used in the natural treatment of breast cancer because it is also a lymphatic cleanser and gentle detoxifier. Black cohosh, hops, kudzu and licorice are other herbs with phytoestrogens.

Lignans are phytoestrogenic compounds that can help protect the body against cancer. They are found in nuts and seeds and are particularly high in flax and chia seeds. Freshly ground flax seeds or high lignan **Flax Seed Oil** are good foods to consume if you wish to protect your body from xenoestrogens.

Breast Assured is a phytoestrogenic formula containing herbs and nutrients that can help counteract the effects of xenoestrogens and reduce the risk of breast cancer, breast cysts and uterine fibroids. It contains flax meal, kudzu extract, maitake, lutein, calcium glucanate and ellagic acid from pomegranate. Research suggests that ellagic acid can stop carcinogens from initiating cancer cell growth. It is found in pomegranates, cherries, grapes, raspberries, strawberries and walnuts.

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Holistic Healthcare for Your Breasts (And the Rest of You, Too)

Besides avoiding xenoestrogens, you can protect the health of your breasts (and the rest of your body, too!) by following four basic good health practices.

Give Your Body the Nutrition It Needs

Experts suggest that 30-50% of all cases of breast cancer could be prevented by improved diet and regular physical activity. Your overall health and energy will greatly improve if you primarily eat quality protein foods with 5-7 servings of fresh vegetables and fruits every day. Get off the simple carbohydrates (refined sugar and white flour) and use only whole grains.

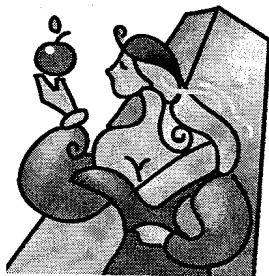
Generous portions of the dark, green leafy vegetables, cruciferous vegetables, berries and legumes will provide you with phytoestrogens, antioxidants and nutrients that help protect the body against cancer. Make sure these foods are organic where possible and wash them in **Sunshine Concentrate** to remove chemical residues.

When you're in a hurry, try making a shake with some frozen berries and some **Ultimate GreenZone**. You may also benefit by supplementing your antioxidants with **Thai-Go** or **Super ORAC**.

Since xenoestrogens concentrate in animal fat, avoid fat from commercial meat and dairy products, but remember that you need good fats in your diet, too. Nuts, avocados, deep ocean fish and coconut oil are sources of good fats. You may also want to supplement with **Flax Seed Oil** or **Super Omega-3**.

Keep Your Lymph Moving

The breast is primarily lymphatic tissue and good lymphatic drainage is essential to breast health. Lymphatic stagnation can contribute to the development of cysts, lumps and tumors. Exercise moves the lymphatic system, so regular exercise contributes to breast health.



Wearing properly fitted bras will also ensure good lymph drainage. The use of underarm antiperspirant deodorants blocks the release of toxins from sweat glands in the armpits and contributes to lymphatic stagnation. Try using **Nature's Fresh** with a little of your favorite essential oils or a natural deodorant.

Breast massage is another way to improve both circulation and lymphatic drainage in the breasts. It causes a release of oxytocin, which creates feelings of love and bonding. It promotes relaxation and decreases symptoms of PMS and menopause. It can also decrease discomfort from pregnancy and breast feeding.

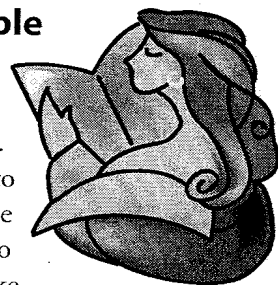
Use Supplements to Balance Your Hormones

Keeping your other endocrine glands working properly and your hormones balanced will also benefit the health of your breasts and your body. For starters, make sure you get an adequate intake of iodine. The biggest user of iodine is your thyroid (and many women suffer from low thyroid), but the second biggest user of iodine is your breasts. Iodine supplements have helped women with breast cysts and even breast cancer to recover. Iodine can be found in seaweeds like **Kelp** and **Dulse**. Concentrated **Black Walnut** is another good source.

Progesterone counterbalances estrogen in the body. Many women have found that using a progesterone cream like **Pro-G-Yam** helps to balance their hormones and block the action of xenoestrogens. **Melatonin** may also be helpful as it appears to help the body break down excess estrogens.

Make Your Life Enjoyable

Stress weakens our immune system and contributes to the development of cancer and numerous other diseases. People who get cancer often devote too much energy to caring for others while neglecting themselves. While service to others is great, don't be a martyr. Make time to recharge your own batteries.



The good news is that pleasurable experiences create more good in the body than stressful experiences cause harm. So, you don't have to avoid stress so much as deliberately schedule time for pleasant experiences. Anything that is physically pleasurable will do, such as taking a walk in nature, getting a massage, listening to good music or enjoying a hot tub or bubble bath.

If you are under a lot of stress, then you may need help from adaptagens. Adaptagens reduce the output of stress hormones, boosting your energy, mood and immune responses. If you have restless sleep with disturbed dreams and are tired during the day, try **Nervous Fatigue Formula**. If you just want to reduce your stress level and boost your immune system, **Adaptamax** is a good formula.

Additional Help and Information

To learn more about natural health care for your breasts, how to avoid xenoestrogens, or how to reduce your risk of cancer, talk to the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

Breast Health DVD with Steven Horne (www.treelite.com)

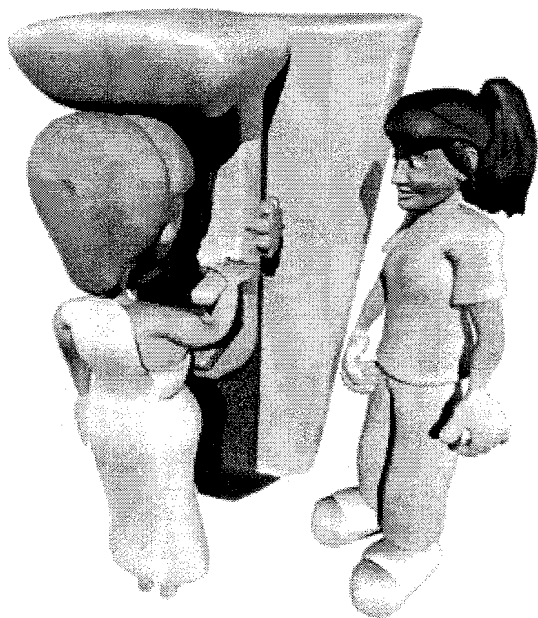
Xenoestrogens and Breast Cancer: Nowhere to Run by Lutia D. Spangler (<http://www.fwhc.org/health/xeno.htm>)

Breast Health the Natural Way by Deborah R. Mitchell and Deborah Gordon

Breast Cancer? Breast Health! The Wise Woman Way by Susun S. Weed

Breast Cancer and Iodine by David Derry

What Your Doctor May Not Tell You About Breast Cancer by Dr. John R. Lee
www.breastthermography.com



Unless We Make Some Changes **One in Eight Women Will Get Breast Cancer**

Learn how to reduce your risk
of breast cancer and
other female health problems.

Continued from Page Three

Your Liver: Destroying Xenoestrogens

Your body has a natural defense against excess estrogens. It can break them down using the enzyme detoxification systems in your liver. However, these enzyme detoxification systems need good nutrition to function properly.

Foods high in sulfur, such as garlic, onions and cruciferous vegetables, aid estrogen breakdown. Cruciferous vegetables include broccoli, Brussels sprouts, cabbage, cauliflower, kale, kohlrabi, mustard greens and turnips. Eating these vegetables regularly along with generous portions of phytoestrogen-rich foods is a great way to combat excess estrogens.

A sulfur compound from cruciferous vegetables called **Indole-3 Carbinol** is particularly helpful in breaking down excess estrogens. It can be taken as a supplement by women wishing to reduce their risk of breast cancer. It can also be useful for fighting breast cancer and other ailments caused by excess estrogen.

Liver cleansing herbal formulas such as **All Cell Detox** and **Enviro-Detox** can also help the body break down not only xenoestrogens but other chemicals as well. Doing a periodic cleanse, such as the **Tiao He Cleanse** can also help your body detoxify from chemical estrogens.

For more tips on how you can avoid xenoestrogens and protect the health of your breasts, talk to the person who gave you this newsletter.