

Feature Topic: Breast Cancer Awareness

February is cancer awareness month so I think it's fitting that we turn our attention to this topic. Cancer can be a frightening disease, but there is much that can be done to prevent it and also to stop it. In particular I will focus on breast cancer, but most of the information here would apply to all cancers.

In 2005, the most recent year numbers are available, 186,467 women and 1,764 men were diagnosed with breast cancer; yes, men do get this disease and die from it, too. Over 41,000 women and 375 men died from breast cancer. Even with this mortality rate, breast cancer is still only the seventh biggest cause of death in women, heart disease being number one.

The best "treatment" for any cancer is to prevent it in the first place or, at least, to catch it in the very early stages. There are two excellent lab tests that can help us here. The first test is the **AMAS** test. This is a blood test that detects cancer markers. It will find cancer in the very early stages so it can be treated and destroyed before it becomes a problem. The AMAS test has been shown to be 95% accurate. Again, it is best to prevent cancer growth in the first place. The **Estronex** test from Metamatrix is used to predict the likelihood of cancer by measuring the ratio of two specific estrogens found to be related to cancer. We run both tests at our clinic, so if you have questions please let us know.

Iodine saturation is an important factor in cancer suppression. Iodine deficiency has been found to be related to higher levels of breast cancer. Next to the thyroid gland, the female breasts utilize the largest amount of iodine. Studies show that in communities or cultures with a high iodine intake the incidence of breast cancer is extremely low. We use a simple skin test in our office to help determine iodine saturation levels in the body.

Vitamin D is also very important for cancer prevention. Over 70 different types of cancer are prevented by vitamin D. The ideal Vitamin D level in a blood test is 60 to 70 mg/ml. Most laboratory normal reference ranges allow for a level of vitamin D that is too low.

Lifestyle and diet are extremely important factors in cancer prevention. Alcohol raises the risk of cancers of the mouth, throat, larynx (voice box), esophagus, liver, and breast, and probably of the colon and rectum as well. Omega 3 fatty acids (fish oils) and calcium both strengthen the body's immunity to cancer. Not all fish oils are good quality. One way to determine if fish oil is rancid is put some of the capsules in the freezer. Fresh fish oil will not freeze, but will remain liquid. We prefer **Standard Process Omega Tuna Oil** or **Nordic Naturals Cod Liver Oil**. Having optimal calcium levels in your body can help prevent cancer. The best type of calcium is Calcium Lactate, which is derived from a special type of beet. There is no dairy in Calcium Lactate. Lactate refers to lactic acid which is also good for your large intestine. There are very few companies that produce this form of calcium. We recommend **Calcium Lactate** from Standard Process.

Antioxidants are helpful in preventing cancer. Brightly colored vegetables and fruits are rich sources of antioxidants that may lower the risk of some types of cancer. Antioxidants are found in the whole Vitamin C complex, the Vitamin E complex, carotenoids, and many other phytochemicals (chemicals from plants). We do not recommend synthetic vitamins, such as ascorbic acid and tocopherols (Vitamin E). These are actually toxic as they deplete oxygen levels in the blood. Whole food supplements are far superior. **Cataplex C, Cataplex E, SP Green Food, Best of Greens** and **Cruciferous Complete** are all excellent sources of natural antioxidants.

What if you have cancer already? It would be good to do some serious research before selecting a course of treatment. Traditional approaches such as chemotherapy, surgery and radiation, can be extremely invasive and toxic. Some forms of cancer do respond well to chemotherapy or surgery but many do not. Alternative, natural therapies can be very effective. If you have cancer I strongly recommend you check www.cancerdecisions.com. This is the cancer information site of Dr. Ralph Moss. You can get detailed information on any type of cancer, how effective traditional medical therapy is and alternative therapies. I also recommend people get Suzanne Somers book "**Knockout**" (available on our website at http://www.docredd.com/suggested_reading.htm). She has some excellent information about effective alternative cancer therapies currently being used in the United States. I will discuss some of these at our health class this month. We will review nutritional therapies, herbal therapy, insulin potentiation therapy, enzyme therapy, IV infusion therapy and other therapies that have proven to be effective against this dreaded health problem.