

Breast Cancer: Causes, Prevention and Alternative Treatment

Some Statistics: 1 in 7 women will get breast cancer in the USA

In 2005 (the most recent year numbers are available)

- 186,467 women and 1,764 men were diagnosed with breast cancer.
- 41,116 women and 375 men died from breast cancer

Breast Cancer is the 7th most common cause of death in women (heart disease and stroke are 1 and 2).

Causes:

Hormones:

Estrogens: Estrodiol, Estrone, Estriol.
Progesterone
DHEA (Dehydroepiandrosterone)
Testosterone

Estrodiol, 16-hydroxyestrogen, and Estrone are cancer producing
Estriol, 2-hydroxyestrogen, 2-methoxyestradiol, Progesterone, DHEA are cancer protective

Look at each:

Estrogen Dominance: Too much relative or total estrogen in relation to Progesterone.

Progest. : Estrodiol Ratio should be 30:1.

Estrodiol : Causes tissue to grow. Most powerful estrogen.

Estrone and Estriol are weak

Estriol is protective: Competes with Estrodiol and Estrone

2-hydroxyestrogen / 16-hydroxyestrogen: Higher 2/16 ratio is associated with increased cancer

Too much 16 → Increased cancer risk Too much 2 → osteoporosis

Progesterone is cancer protective. Made by adrenals after menopause. Weak adrenals → lower progesterone.

DHEA: Cancer cells are anerobic (no O₂). Single anerobic pathway fuels cancer. DHEA down regs. this pathway.

Testosterone: 5-alpha reductase (5-AR) converts to dihydrotestosterone (DHT) which is procarcinogenic. Ratio of testosterone and androstenediol is important. High androstenediol and low DHT is good.

Meds that reduce 5-AR can also lower androstenediol.

Saw palmetto reduces 5AR but can reduce androstenediol too, long term. Zinc and Evening Primrose, Black Current Seed or Hemp oils also do this but without the potential down side.

Testing: Estronex 2/16 ratio urine test

Hormone Saliva testing

Iodine tests: Skin test, Iodine loading 24 hr. urine.

AMAS cancer test – 97% of all cancers

Nutritional and Environmental Factors:

Estrogen analogs: In the atmosphere, soy, plastics.

Low Iodine

Poor methylation (detoxification)

↓O₂ - 97% or higher at our altitude

To lower 16-hydroxy eat more Brassica vegetables: broccoli, cabbage, cauliflower, **Brussels sprouts, kale**, bok choy, spinach, collard greens and kohlrabi. Indo3-carbinal or DIM (Diindolylmethane).

Methylcobalamine (B12)

Methylfolate (methylated form of folic acid)

S-adenosylmethionine (SAM-e)

Brassica vegetable concentrates (best for prevention) (Cruciferous Complete and SP Greenfood)

Iodine: 12.5 mg per day for most people. Treatment for fibrocystic breast disease. Can be “painted” directly on the breasts. Breasts (and prostate) use most iodine except for thyroid.

Iodine: Stimulates metabolism of estradiol and estrone in to estriol. Also forms iodolipids. These kill breast cancer cells.

Prevention

Diet (real food, alkaline, Brassica veggies, Turmeric, ↓ sugar and starch, spring water)

Nutritional supplements (food concentrates are best)

Avoid ceramic dishes (we use all glass dishes and cups)

Avoid electromagnetic fields (cell phone ear units, electrical devices, etc.)

Detox twice a year (SP 21 Day Detox Program)

Monthly mini-detox (24 hour fast)

Avoid synthetic hormones (esp. progesterones and estrogen).

Switch to safe cleaners

Get sleep (stress robs you of progesterone)

Decrease Stress

Moderate exercise

Stimulate your lymph system (Rebounder, elliptical machines, jump rope)

Iodine

Yoga

Homeopathics (detox)

Herbal flushing agents

↑ Methylators (B-12, etc.)

Poly-MVA (palladium and alpha-lipoic acid)

Salicinium - Perfect Balance

Paw-Paw

High potency enzymes

IV Vit. C

Other Useful Points:

Taking thyroid medication **without** iodine has 2 times the risk for causing cancer than if you also take iodine.

Dose; 12.5 mg per day for most people.

Maintain an alkaline pH (7.2 to 7.4) in your body. Starch, sugar and animal proteins create acid. Vegetables and most fruits create an alkaline chemistry. Minerals make you more alkaline. Cancer can't grow in an alkaline body.

Enzyme therapy

Cancer Treating Pioneers:

Dr. Stanislaw Burzynski, MD

Antineoplastin therapy - gene activation therapy. Very good for patients with proper gene signature.

Houston, TX

www.burzynskiclinic.com

Dr. James Forsythe, MD

Insulin-potentiated chemotherapy

Clinical studies using Poly-MVA, Paw-Paw and Salicinium (homeopathic)

Reno, NM

www.centurywellness.com

Dr. Ralph Moss

www.cancerdecisions.com