

BREAST CANCER

The human breast is a gland that contains milk ducts, lobes, fatty tissue, and a network of lymphatic vessels. Cancerous tumors can arise in virtually any part of the breast and are most often detected when a woman feels a lump. In general cancerous lumps are firm, never go away, and are usually (though not always) pain free. The vast majority of breast cancer lumps are not cancerous (many are cysts or fibroid masses), but there is no way to tell without a professional's examination. A lump that seems to be growing or that does not move when pushed may be cancerous or may simply be caused by normal fibrocystic changes during the menstrual cycle. A biopsy is required to identify the lumps. Breast cancer can also cause yellow, bloody, or clear discharge from the nipple.

People tend to think of breast cancer as a single entity, but there are actually different types of the disease. The most common types of breast cancer include the following:

- **Ductal carcinoma in situ (DCIS)**. This is a condition that most doctors consider to be breast cancer at its earliest stage. **DCIS** is a cancer contained within the milk ducts. The rate of this type of cancer has increased dramatically over for **DCIS** is nearly **100 percent**. However, having **DCIS** can increase the risk of developing invasive breast cancer.
- **Invasive ductal carcinoma (IDC)**. This is a cancer that arises in the lining of the milk ducts and infiltrates (invades) the surrounding breast tissue. Approximately **80 percent** of all cases of breast cancer are infiltrating ductal carcinomas
- **Lobular carcinoma in situ (LCIS)**. This condition begins in milk-making glands but does not go through the wall of the lobules. Although not a true cancer, having **LCIS** increases a woman's risk of getting cancer later. For this reason, it's important that women with **LCIS** make sure they have regular mammograms.
- **Inflammatory lobular carcinoma (ILC)**. This cancer starts in the milk glands or lobules. It can spread to the other part of the body. About one out of ten invasive breast cancer is of this type.
- **Inflammatory Breast Cancer (IBC)**. A rare and aggressive form, it accounts for about 1 to 3 percent of all breast cancers. In this type of cancer, a tumor arises in the lining of the milk ducts and, as it grows, it plugs the lymphatic and blood vessels. The skin thickens and turns red, and the breast becomes extremely tender and looks infected. This type of cancer spreads very quickly due to the rich blood and lymph vessel supply associated with the inflammatory reaction.

Usually types of breast cancer include phyllodes tumor, angiosarcoma, and Paget's disease of the breast. There are also rare subtypes of invasive ductal carcinoma-tubular, mucinous, medullary, and papillary.

*Cancer of the breast is the most common among women (**other than skin cancer**), and is the second leading cause of cancer death (**following lung cancer**) for women. The lifetime risk of developing breast cancer for breast cancer is about one in eight. The chance of dying from breast cancer is about one in thirty-five. Breast cancer death rates are going down, which is probably the result of finding the cancer earlier and improved treatment. Surveys suggest that it is the health most feared by women, but if breast cancer is detected early, the five-year-and-beyond survival rate is very high.*

There is probably no single answer as to what causes breast cancer. Researchers believe, however, that the female sex hormone estrogen is the most likely culprit in many cases of breast cancer. **(Although not all breast cancers are related to estrogen)**. Estrogen promotes cellular growth in the tissues of the breasts and reproductive organs, and cancer is a disorder of unrestrained cellular growth. Moreover, onset of menstruation before age nine, menopause after age fifty-five, having a first child after age forty, and having no or few children. One thing all of these risk factors have in common is that they result in the breasts being exposed to more estrogen for longer periods.

Currently, research does not point clearly to environmental factors **(such as exposure to pesticides and other pollutants)** as a possible factor in the development of the breast cancer. However, research on the effects of pesticides is on-going, and there are many health care professionals who advise avoiding these substances as much as possible, as their effects may mimic those of estrogen in the body.

There may be a link between obesity and an increased risk of developing breast cancer, especially for women over fifty years of age. However, this is a complex issue. The risk appears to vary depending on whether a woman has been obese since childhood, or if she gained the excess weight during adulthood. A study reported in the journal **Cancer** found that women who gained more than twenty-two pounds since their teenage years doubled their chances of getting breast cancer. The increased risk posed by obesity may also be linked to estrogen. Obese women tend to have higher levels of estrogen in their bodies than thin women do. A study conducted in Mexico found that eating lots of carbohydrates raises the risk of getting breast cancer. In another study, the same was found for French women. The postmenopausal women who consumed more rapidly absorbed carbohydrates (high-glycemic-load carbohydrates) and who were overweight with a large waist circumference as a result of fat on the abdomen had a greater breast cancer risk.

There are conflicting reports as to whether eating a high-fat diet is linked to an increased risk of breast cancer. The largest study including nearly **50,000** postmenopausal women found no significant effect of dietary fat intake on the development of breast cancer, a low fat diet that results in weight loss has been shown in this study consumed about **22 percent** of their calories from fat and lost about six pounds. Many physicians believe fat intake is among the highest risk factors. They argue that if a woman eats a diet high in fat and low in fiber her body produces more estrogen. Fibres from cereal and fruits

appear to reduce the chances of getting breast cancer. Although it is possible for women to get breast cancer at any age, the disease is most common in women over forty, especially postmenopausal women.

Heredity is a factor in breast cancer as well; there are certain types of disease that clearly run in families. Researchers estimate that only 5 to 10 percent of breast cancers occur in women with a clearly defined genetic predisposition for the disease. Hereditary cancers usually develop before the age of fifty. A Danish study of more than 100,000 women found that each 2.2-pound (1 kilogram) rise in birth weight was associated with the increase in breast cancer risk of some 9 percent. Another study showed that 10 pounds babies had triple the incidence of breast cancer later in life than their peers who weighed in at between 5.5 and 7.7 pounds. Researchers theorize that faster growth in the womb might somehow “program” breast cells to multiply faster and arise the odds of having them turn cancerous.

Men also get breast cancer, but they account for less than 1 percent of breast cancer cases. However, while it occurs less frequently, breast cancer in men usually is diagnosed at a later, and therefore more serious, stage because neither physicians nor their patients tend to suspect it. Cure rates are, in general, the same for men as they are for women.

It is important to detect breast cancer in its earliest and most curable stage. Making healthy changes in diet and lifestyle, examining your breasts regularly (**see BREAST SELF-EXAMINATION, below**), and having regular mammograms can increase your chances of avoiding or, if need be, over-coming breast cancer.

BREAST SELF-EXAMINATION

It is important to examine your breasts each month past age twenty, at same point in your menstrual period ends. Do not examine them during your menstrual period. Before the period, a woman’s breast may swell and become larger and firmer during pregnancy, in preparation for breast-feeding. Familiarize yourself with the normal as enlargement of a lump. A woman who is accustomed to the way her breasts so that you can detect any changes such as enlargement of a lump. A woman who is accustomed to the way her breasts feels is better able to notice subtle changes. Any changes in your breast should be reported to your health care provider, and a professional should recheck you if you have any doubt concerning your examination. Since men also can get breast cancer, they can benefit from self-examination as well. The following is the recommended procedure for breast self-examination.

1. While standing and looking in the mirror, raise your hands over your head and press them together. Notice the shape of your breasts. Place your hands on your hips, apply pressure, and look for irritation or dimpling of the skin, nipples that seem to be out of position, one breast that looks different from the other, swelling in a portion of the breast, nipple pain, an inward curve

of the nipple, discharge from the nipple (**other than breast milk**), or red scaling or thickening of the skin and nipples.

2. Raise one arm above your head. With the other arm firmly explore your breast. Beginning at the outer edge, using a circular motion, gradually work toward the nipple. Take your time when examining the area between the nipple and armpit, and feel the armpit as well. You have lymph nodes in the armpit; they move freely and feel soft, and are not painful to touch. Look for lumps that are hard and not mobile. Cancers are often attached to underlying muscle or the skin. When you have finished examining one breast, repeat this on the other side.
3. Lie down on your back and repeat step 2. Lumps may be more easily detected in this position. Also, squeeze each nipple gently to check for blood or a watery yellow or pink discharge.

In addition to monthly self-examination, women between the ages of twenty and thirty-nine should have their breasts examined by a physician every one to three years. After age forty, the exam should be performed every year. Women should get their first mammogram by age forty, then have one every year along with their yearly exam.

The program recommended below is designed for women who have been diagnose with breast as well as for women who want to increase their odds of avoiding breast cancer.

NUTRIENTS

| SUPPLEMENTS | SUGGESTED DOSAGE | COMMENTS |
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| Coenzyme Q10 | 100mg daily | Improves cellular oxygenation There is mounting evidence Supporting the theory that Coenzyme Q10 reduces the risk Of breast cancer |
| Colostrum (Colostrum plus from Symbiotic or colostrum Or Colostrum Life From Jarrow Formulas) | as directed on label | Promotes accelerate healing and boosts the immune system |

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| Dimethyl glycine (DMG) (Aangamik DMG from Food Science of Vermont) | As directed on label | Improves cellular oxygenation |
| Essential fatty acids (Kyolic-EPA from Walunaga, black current Seed oil, borage oil and flaxseed Oil) | As directed on label | Needed for proper cell reproduction. |
| Garlic (Kyolic from Walunaga) | 2 capsules 3 times daily | Enhances immune function. |
| Germanium Dimethylglycine (DMG) | 200 mg daily | A powerful immunostimulant that improves cellular Oxygenation, deterring Cancer growth |
| Multimineral complex With calcium And magnesium And potassium And zinc | 2,000 mg daily 1,000 mg daily 99 mg daily 50 mg daily | Essential for normal cell division and function. Use a comprehensive formula that contains all major minerals and trace elements But that is iron-free. Good for Strengthening immunity |
| Multivitamin complex | As directed on label Take with meals | All nutrients are needed for nutritional balance. Do not use a sustained-released formula that contains iron |
| Natural beta-carotene Or carotenoid complex (Betatene) | 10,000 IU daily As directed on label | A powerful antioxidant that destroys free radicals. |
| Proteolytic enzymes (Inf-zyme forte from America biologics) Plus multiple enzyme complex | 2 tablets between meals (to reduce inflammation) and 2 tablets with meals (to aid digestion). When taking Them with meals, it is best to take Them with protein foods. As directed on label | Powerful free antioxidant that destroys free radicals. To aid in digestion |

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| Selenium | 200-400 mcg daily. If you are pregnant, do not exceed 40mcg daily. | Protects the immune system by preventing the formation of free radicals, which can Damage the body. It has also Been found to function as a Prevention of certain types of Tumors, including breast Tumors |
| Superoxide Dismutase (SOD) | destroys free radicals. Consider | As directed on label De-injections (under a doctor's Supervision). |
| Vitamin B complex | 100mg of each major | To im- |
| improve circulation, build | B complex 3 times daily (amounts of individual Vitamins in a complex will vary). 100 mg daily. Do not Exceed this amount | red blood cells, and aid liver function; necessary for normal cell division and function. Involved in the regulation of enzyme an hormone production. |
| Plus extra vitamin B ₃ (niacin) and choline | | Caution: Do not take niacin if You have a liver disorder, gout Or high blood pressure. To Prevent anemia and aid in Proper digestion and Absorption of nutrients. Consider injections (under a Doctor's supervision). If Injections are not available, Use a sublingual from such as Superior Source supplements From Continental vitamin. |
| Plus vitamins B ₁₂ and folic acid | 2,000 mcg daily 400-800 mcg daily | Aids in reducing estrogen Production. A source of B vitamins. |
| Plus brewer's yeast | As directed on label | |

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| Vitamin C with Bioflavonoids plus Extra quercetin | 5,000-20,000 mg daily in divided doses. 400 mg 3 times daily or as directed on label | Powerful anticancer agent |
| Vitamin D | As directed on label | Inhibits cell division and growth. Low levels of Vitamin D have been linked to higher breast cancer rates |
| Vitamin E | 200 IU daily | Deficiency has been linked to breast cancer. Also aids in Hormone production and immune function. Use an Emulsion form for easier Assimilation and greater Safety at higher doses. Blocks Free-radical damage in fatty Breast cells. Use d-alpha-tocopherol form. |
| <u>IMPORTANT</u> | | |
| Maitake | 4,000-8,000 mg daily | Inhibits the growth and Spread of cancerous tumors Also boosts immune response |
| <u>HELPFUL</u> | | |
| Acidophilus (Kyo-Dophilus From Wkunaga) | As directed on label | To replenish "friendly" bacteria anti-carcinogenic compounds. Break down metabolites of estrogen. Use a non-dairy formula |
| Aerobic 07 from Aerobic life industries | As directed on label | Antimicrobial agents |
| Kelp or seaweed | 1,000-1,500 mg daily As directed on label | For mineral balance |

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| L-carnitine | As directed on label | Protects the skin after Mastectomy and/or radiation treatment. Use a form derived from fish liver (squalene). |
| L-cysteine and L-methionine and glutathione plus | As directed on label As directed on label. Take with water or juice. Do not take with milk. Take with 50 mg vitamin B ₆ and 100 mg vitamin C for better absorption | To detoxify harmful substances. |
| Taurine Plus from America Biologics | As directed on label | Functions as foundation for tissue and organ repair. Use the sublingual form. |
| Pycnogenol | As directed on label | A powerful antioxidant. |
| Raw glandular complex plus raw thymus glandular and raw adrenal glandular | As directed on label As directed on label As directed on label | To stimulate glandular functions, especially the thymus, the site of T lymphocyte production. |
| S-Adenosylmethionine (SAME) | As directed on label | Aids in stress-relief, relieves depression, eases pain, and Produces antioxidant effects. Has been found to inhibit growth of breast cancer cells in laboratory tests. CAUTION: Do not use if You have bipolar mood Disorder or take prescription Anti-depressants. |

HERBS

- Astragalus roots and Echinacea immune function. These herbs are best used in a rotating fashion, for no more than seven to ten days in a row.
Cautions: Do not use astragalus in the presence of a fever. Do not take Echinacea for longer than three months. It should not be used by people who are allergic to ragweed.

- Drink herbal teas such as bilberry, burdock root, ginger, green tea, peppermint, and red clover instead of regular tea.
Cautions: Green tea contains vitamin K, which can make anticoagulant medications less effective. Consult your health care professional if you are using them. The caffeine in green tea could cause insomnia, anxiety, upset stomach, nausea, or diarrhea.

- Black cohosh, chaste berry, red clover, and turmeric are herbs that are high in phytoestrogens. Phytoestrogens are forms of estrogen that are much weaker than the body's estrogens, but are capable of blocking the stronger, more damaging estrogens (they can fit into the same receptors in the breast cells that estrogens can, thus preventing the estrogen's ability to dock there). Phytoestrogens also expand the length of the menstrual cycle, possibly lowering the lifetime exposure to estrogen.
CAUTION: Do not use black cohosh if you are pregnant or have type of chronic disease. Black cohosh should not be used by those with liver problems.

- Burdock root, dandelion root, milk thistle, and red clover all protect the liver and aid in cleansing the bloodstream.

- Red clover is often used to help with menopausal symptoms such as hot flashes. It contains isoflavones which are hypothesized to protect against breast cancer. In one study, red clover did not increase mammographic breast density and had no effect on hormones, which are thought to promote breast cancer. Conventional hormone replacement increases breast density, so red clover may offer a natural alternative. However, other studies have found red clover to act like estrogen and therefore not be appropriate for women with some forms of breast cancer.

- Chaste tree berry (also known as vitex), ginseng, and soy extracts may inhibit the growth of breast cancer cells.
CAUTION: Do not use ginseng if you have high blood pressure, or are pregnant or nursing.

- Curcumin (the yellow pigment found in turmeric) is the chief ingredient of curry. It is a powerful anti-inflammatory and protects against inflammatory calcium loss from your bones.

- Calcium D-glucarate is a botanical extract found in grapefruit, apples, oranges, broccoli, and Brussels sprouts. Scientists are discovering that it appears to protect against cancer and other

diseases via a different mechanism than antioxidants such as vitamin C, carotenoids, and folic acid. These vitamin antioxidants work by neutralizing toxic free radical damage in the body. These are, however, other mechanisms by which the human body can detoxify itself. Glucuronidation is a detoxification process that occurs when toxins or carcinogens are combined with water-soluble substances, thus making them more easily removed from the body. D-glycinate has been shown to support this process by inhibiting an enzyme called beta-glucuronidase.

- Rosemary extract is a powerful antioxidant that helps to remove estrogens and may inhibit breast cancer development.
- Lycopene may reduce the risk of breast cancer.
- Sulphoraphane, from broccoli sprout extract, has been shown to stimulate the body's production of detoxification enzymes that help eliminate xenoestrogens; It is also a powerful antioxidant.
- Green tea extract, which contains catechins and flavonoids, may be protective against estrogen-dominant breast cancer.
CAUTION: Green tea contains vitamin K, which can make anticoagulant medications less effective. Consult your health care professional if you are using them. The caffeine in green tea could cause insomnia, anxiety, upset stomach, nausea, or diarrhea.
- Garlic is known to be a cancer-preventing nutrient.
- Ginkgo biloba enhances circulation and brain function.
CAUTION: Do not take ginkgo biloba if you have a bleeding disorder, or are scheduled for surgery or a dental procedure.
- Licorice root aids in maintaining proper organ function.
CAUTION: Licorice root should not be used during pregnancy or nursing. It should not be used by persons with diabetes, glaucoma, heart disease, high blood pressure, or a history of stroke.
- Silymarin, an antioxidant extract of milk thistle, has shown promise for fighting breast cancer. It also protects the liver.
- The following combination of herbs was shown to have no effect on reducing breast cancer risk: Curcuma longa, Cynara scolymus, Rosmarinus officinalis, Schisandra chinensis, Silybum marianum, and Taraxacum officinalis.

RECOMMENDATIONS

- Eat a high-fiber diet based on fresh fruits and vegetables, plus grains, legumes. Raw nuts (except peanuts) and seeds, and soured products such as low-fat yogurt. Very important are the cruciferous vegetables, such as broccoli, Brussels sprouts, cabbage, and cauliflower, and yellow/orange vegetables, such as carrots, pumpkin, squash, sweet potatoes, and yams. Eat vegetables raw or lightly steamed. For grains, use unpolished brown rice, millet, oats and wheat. Eat whole grains only. If at all possible, consume only organically grown foods. Pesticides and other chemicals have been linked to breast cancer (they may mimic the effect of estrogen on the body).
- Include soy foods in your diet. Diet high in fiber and soy foods are associated with a lowered risk of breast cancer. Some good sources of soy include fresh soybeans, tempeh, soymilk, soy nuts, and tofu and soy powder. However, if you have breast cancer check with your doctor before consuming soy because it may have a stimulating effect on breast tumors.
- Include in your diet fresh apples, cherries, grapes, plums, and all types of berries.
- Lignins are a class of phytoestrogens (plant estrogens) that seem to reduce breast cancer risk. These substances are found in seeds (especially flax), whole grains, berries, fruits, vegetables (especially broccoli and sprouts), and nuts
- Make sure your diet provides adequate amounts of essential fatty acids (EFAs). Omega-3 EFAs (found in fish and flaxseed) and omega-9 EFAs (found in olive oil) lower cancer risk. Eating salmon weekly and tuna three times a week will provide a good amount of EFAs. Processed fish oil supplement are also a good idea, but avoid cod liver oil, as its levels of vitamin A and D are too high. Fish oil has been reported to possibly slow tumor growth. Flaxseed oil or flaxseeds can be sprinkled onto food.
- Make a daily juice using a combination of fresh organic broccoli, cauliflower, carrot, kale, dark leafy greens, and an apple. These are high in phytochemicals such as indole 3-carbinol (I-3C) and help to combat to detoxify xenoestrogens via the liver and to even reverse abnormal Pap smears.
- Limit your intake of fatty, charred, or grilled foods, which have been linked with a higher risk of cancer.
- Drink spring or steam-distilled water only, never tap water. Also drink fresh homemade vegetable and fruit juices. Drink fruit juices in the morning and vegetable juices in the afternoon.

- If you consume meat, poultry, and dairy products, select organic, hormone-free products. These foods could contain residues of estrogenic hormones that are given to animals in order to promote growth. Well-done red meat has been linked to a higher risk for breast cancer in some studies. Unsweetened low-fat yogurt is an acceptable source of protein.
- Do not consume any alcohol, caffeine, junk foods, processed refined foods, saturated fats, sugar, or white flour. Studies have shown that women who ate the most carbohydrates overall (62 percent or more of their total calories intake) were more than twice as likely to have breast cancer as those eating fewer carbohydrates. Not all carbohydrates are necessarily bad, though. The greatest risk comes from sucrose (table sugar) and fructose (found in most nondiet soft drinks). Obviously, avoiding refined sugars and soft drinks will have a beneficial effect.
- Take extra fiber daily, fiber keeps toxic wastes from being absorbed into the bloodstream. Psyllium husk are a recommended source. The colon must be kept clean, and the bowels must move daily for healing.
NOTE: Always take supplement fiber separately from other supplements medications.
- Do not take supplements containing iron unless your doctor says you need it for anemia or other reasons. Iron may be used by tumors to promote their growth.
- If you experience itching, redness, and soreness of the nipples, especially if you are not currently breast feeding, seek evaluation by a physician. These can be symptoms of Paget's disease.
- If you are undergoing treatment for breast cancer and find yourself depressed or frightened, try to keep in mind that when medications (especially chemotherapy drugs) are stopped, you will probably start to feel better and to look at things in a different light. Think about all the women, including many celebrities and public figures, who have had breast cancer and have gone on to have fulfilling lives and careers. Thousands of women who have had breast cancer are living happy, normal lives.