



I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



Empower your Body, Mind & Soul

Breast Cancer ★

What is Breast Cancer?

Cancer refers to any of the various types of malignant growths and to the illnesses caused by them. Cancer occurs when a group of cells escapes a state of equilibrium produced by a balance in the body and reproduces at will showing abnormal growth patterns. In the United States an estimated 180,000 women will learn they have breast cancer. Three-fourths of the cases of breast cancer occur in women ages 50 or older, but it affects younger women, too (and about 1,400 men a year). Some of the increase can be traced to better ways of recognizing cancer and detecting cancers in an early stage. The increase also may be the result of changes in the way we live - postponing childbirth, taking replacement hormones and oral contraceptives, eating high-fat foods, or drinking alcohol. Breast cancer is the second most common form of cancer among women in the U.S., and the second leading cause of cancer deaths among women. While the 1980s saw a sharp rise in the number of new cases of breast cancer, that number now appears to have stabilized. The drop in the death rate from breast cancer is probably due to the fact that more women are having mammograms. When detected early, the chances for successful treatment of breast cancer are much improved.

What are the causes and symptoms of Breast Cancer?

The American Cancer Society estimates that there are 170,000 or more deaths from cancer each year. Risk factors include birth of first child after age 35, having no children, family history of cancer, high alcohol and/or caffeine intake, high-fat diet, diabetes. Women should also consider their sugar intake, estrogen and oral contraceptives usage which have been linked to breast cancer. Symptoms will include lumps, thickening and other physical changes in the breast, itching, redness and/or soreness of the nipples not associated with breastfeeding. However, in addition to palpable lumps in the breast, one should call a doctor if you notice one of the following: **Breast** - Change of shape or size, dimpling of the skin or exhibiting a lump or thickening. **Nipple** - Becoming inverted or turned in, exhibiting a lump or thickening, bloodstained discharge (very rare) or rash on nipple or surrounding area (also very rare). **Arm**: Swelling in armpit or axilla.

LET YOUR FOOD BE YOUR CURE.....

<p><u>TOMATOES</u></p> <p>They contain lycopene, an antioxidant with strong anti-cancer effects. For absorption, remember that they must be eaten with a small amount of oil, as in tomato sauce, tomato ketchup, or a fresh tomato salad with a little olive oil. This is because lycopene is oil soluble and needs the oil to carry it into your body whilst being digested. Watermelon and pink grapefruit also contain lycopene, although at a lower concentration.</p>	<p><u>GARLIC</u></p> <p>It may have developed a little stigma due to its aroma, it is a food with a number of cancer-fighting compounds. Garlic contains selenium, which can block early stage breast cancer and contains organosulphur compounds that have many health benefits, including inhibiting cancer.</p>
<p><u>BROCCOLI</u></p> <p>Much interest in prevention is focused on cruciferous vegetables like broccoli, cabbage, and cauliflower. Broccoli contains indoles, including sulphuraphane, an isothiocyanate that seems to inhibit breast tumors. By weight, fresh broccoli, boiled and drained, has 16% more vitamin C than an orange, roughly as much calcium as milk, and the stalk is high in fiber.</p>	<p><u>CITRUS FRUITS</u></p> <p>Citrus fruits contain chemicals called monoterpenes, including d-limonene. Such chemicals have shown particular value in preventing breast, liver and lung cancer. Eating these fruits will help boost your cancer fighting ability, although there are greater concentrations of the helpful chemicals in the peel of the fruit.</p>
<p><u>BRAZIL NUTS / ALMONDS</u></p> <p>Brazil nuts have been found to be more protective against cancer than pure selenium selenite. They also contain ellagic acid, a compound that blocks enzymes that are necessary for the growth of cancer cells. Almonds and especially almond extract contain benzaldehyde, shown in clinical studies to exert an anti-cancer effect. So use almond extract to flavor drinks and include almonds into your diet.</p>	<p><u>RED GRAPES/ GRAPE JUICE</u></p> <p>Grape skins contain resveratrol, a phytoalexin, and other potent anti-cancer chemicals. Grape seeds contain pycnogenol, which is reputed to have anti-cancer properties, so if possible, chew them rather than spitting them out.</p> <p><u>GREEN TEA</u></p> <p>If you are a regular drinker of tea or coffee, try using decaffeinated green tea as a substitute. Green tea contains catechins such as EGCG as well as other anti-cancer bioflavonoids.</p>

CONTENTS

What it is?

Causes

Health Tips

Treatment
(Drugs & Herbs)

True/False Q&A

Recipes

Referral



Treatments - Diet, Drugs & Herbs

HOW DOES ONE TREAT AND/OR PREVENT BREAST CANCER?

Many cancers can be successfully treated if detected early enough. It is important to seek medical advice if you notice any persistent changes in your health. If you ignore the symptoms and it turns out to be cancer, the delay could mean that the cancer has spread and become less easy to treat. The top two causes of cancer - tobacco and diet - account for almost two thirds of all cancer deaths that could have been prevented by a change in lifestyle. One should consider the following methods of testing by a physician to rule out breast cancer such as Clinical Breast Exam, Ultrasound, CT Scanning, Gene Testing for Breast Susceptibility. Since every cancer has its own signs and symptoms, it is important to note any persistent changes in your health since many cancers do not exhibit symptoms until the later stages of the disease. On that basis, early warning tests such as the DR-70 tumor marker can make all the difference.

*Though I walk in the midst of trouble,
thou wilt revive me: thou shall stretch
forth thy hand against the wrath of mine
enemies, and thy right hand shall save me.*
Psalms 138:7

RECIPES for Breast Cancer

GINGER HOPPER

¼ inch slice ginger root, 4-5 carrots with greens removed, ½ apple seeded.

Method: Push ginger through juicer with carrots and apple.

CALCIUM RICH COCKTAIL

3 kale leaves, small handful parsley, 4-5 carrots with greens removed, ½ apple seeded.

Method: Bunch up kale and parsley and push through juicer with carrots and apple.

CHERIE'S CLEANSING COCKTAIL

¼ inch slice ginger root, 1 beet, ½ apple seeded, 4 carrots with greens removed.

Method: Push ginger, beet and apple through juicer with carrots.

CHLOROPHYLL COCKTAIL

3 beet tops, Handful parsley, Handful spinach, 4 carrots with greens removed, ½ apple seeded.

Method: Bunch up beet tops, parsley and spinach and push through juicer with carrots and apple.

HEALTH RECOMMENDATIONS



1. MAINTAIN A HEALTHY DIET, WEIGHT AND GET REGULAR MODERATE EXERCISE.
2. Eat a diet that includes grains, nuts, seeds and unpolished brown rice. Millet cereal, wheat, bran and oats are also highly recommended.
3. Boost your immune system with Vitamin C and other essentials.
4. Avoid all foods which exacerbate cancer symptoms like hydrogenated vegetable oils, margarine, sugars, caffeine, dairy products except yogurt, animal proteins and products except fish, food additives, peanuts and peanut butter, white flour, salt, alcohol, fried foods, barbecued foods and smoked foods.
5. Include generous amounts of freshly made vegetable juices to nourish the body.
6. Eat a daily serving of vegetables from the cruciferous family like brussel sprouts, cabbage, broccoli, cauliflower, kale and turnips which help to neutralize and excrete certain toxins.
7. Include fish oils and other oils high in omega 3 fatty acids which reduces the growth rate of tumors.
8. Consume generous amounts of ginger, garlic and onions which all have cancer fighting properties.

For he hath not despised nor abhorred the affliction of the afflicted; neither hath he hid his face from him; but when he cried unto him, he heard. Psalms 22:24

The Lord is good, a strong hold in the day of trouble; and he knows them that trust in him. Nahum 1:7

HELP IS HERE FOR YOU.....



In our effort to empower your health via your body, mind and soul, a nutrition consultant can answer your questions and/or concerns and make health recommendations that can last you and your family members a lifetime. For additional information, please give Shelly a call at (410) 872-0872. She would be delighted to serve you.

Drug

Therapy

Aspirin

Ibuprofen

Codeine

Prednisone

Decadron

Morphine



Herbal

Therapy

Dandelion

Echinacea

Green Tea

Pau D'Arco

Red Clover

Suma

Cat's Claw