

# Breast Cancer

## Let's Continue the Fight!



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It's Time for Action!

Every OCTOBER, pink ribbons can be seen virtually everywhere! It's the successful symbol of Breast Cancer Awareness month. It's main calling is for EARLY DETECTION of this horrific disease that claims 214,000 new victims each year. Billboards, buses and park benches wear them... Major League Sports Teams wear pink, people turn Facebook Pink, even Airplanes don this fashion statement! ALL of these awareness campaigns are powerful and effective efforts to encourage early detection of Breast Cancer... BUT WE COULD DO MORE! MUCH MORE!!

Early Detection is great and we should all make every effort to catch the disease early and get treatment. But why not take it a step further and try EARLY PREVENTION? What do I mean? I mean why do we only think of Breast Cancer in October? Why shouldn't we think of breast cancer every day? The more we can do to prevent the disease the better. According to The American Cancer Association Cancer has increased 19.6% BUT 60% of Cancers are preventable. PREVENTION IS THE KEY TO THE CURE!

So, what can you do to prevent Breast Cancer? The first thing is to get your Vitamin D levels checked. Multiple Clinical Studies conclude that raising the Vitamin D level in the body could result in REDUCING the incidence and death rate of Breast Cancer in the U.S. by 35% to 80%!

□ A 2008 study found that women who had a Vitamin D deficiency at the time they were diagnosed with breast cancer were 94% more likely to have their cancer spread than women with adequate 25-vitamin D levels in their bodies.

□ Here is another, Vitamin D to Prevent Breast Cancer, The Journal of Steroid Biochemistry and Molecular Biology, Volume 103, Issue 3-5, March 2007, Pages 708-711. Intake of 2,000 IU/day of Vitamin D3, and, when possible, very moderate exposure to sunlight, could raise serum 25(OH)D to 52 ng/ml, a level associated with reduction by 50% in incidence of breast cancer. Intake of 5,000 IU/day further reduces risk by 80%.

So, Let October be Breast Cancer Awareness Month and support it by wearing a pink ribbon...BUT THEN, November through September we should be TELLING EVERYONE about the EARLY PREVENTION potential of Vitamin D research!

And we don't need to stop there. There are many other things we need to do to help prevent this disease.

1. Remove toxins from your life. Look at your cleaners, personal care, cosmetics, skin care, etc. Many of these products have toxins that may be a cause.
2. Choose a healthy diet. Choose a more alkaline diet. A diet containing 70-80% alkaline-forming foods is ideal for healthy living. Stop eating processed foods. Add lots of color to your diet, eat more fresh fruits and veggies. (contact me for a full list of alkaline vs. acid foods)
3. Add Soy. In Asian countries, where soyfoods are a usual part of the diet, breast cancer rates are much lower than in western countries. This observation helped fuel speculation that soyfoods reduce breast cancer risk. Studies conducted in China and the United States show that the consumption of modest amounts of soy—1 to 1½ servings per day—is associated with a 25 to 50% reduction in risk.

I hope this information was helpful. Now go out and let's make a difference!

Yours in Good Health,

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