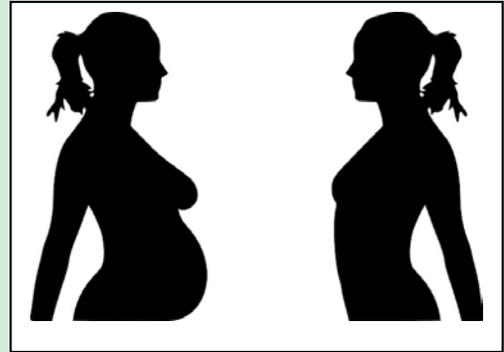


BREAST CANCER

DEFINITION

Breast cancer is a clump of cancerous cells that grow and form lumps inside breast tissue. This usually occurs in cells that line the ducts that carry milk to the nipple, and other times it may be found in lobules that make milk. If these cells stay in their place, they are benign and tumours are usually not cancerous. However, if they spread or metastasize to other parts of the body, they can become malignant. As a result, these cancerous cells no longer behave normally.¹



SCREENING AND DIAGNOSIS

There are many ways in which breast cancer can be diagnosed and screened.² Some examples include: breast self examination, thermography, mammograms, and ultrasound.

There is no one like yourself that will know how your breasts feel like. Doing a breast self-examination monthly after menses is the simplest way of monitoring any changes in the breast tissue. To improve the effectiveness of this, a breast self examination pad³ can be used.

Another way of detecting breast cancer that is non-contact, pain free, and radiation free is thermography, also called DITI (Digital Infrared Thermal Imaging).⁴ Mammograms are an invasive technique that could cause benign cancerous cells to spread, and there have been reports of many false positives, as well as an over-diagnosis and no reduction in mortality rates.⁵ A diagnostic ultrasound is another option, that is not as invasive as mammograms, and is used also when a biopsy is done.

A biopsy is a common technique used by medical professionals where they take a sample of tissue so that it can be studied in the laboratory. The most key problem with this, is that it promotes metastasis, and the tissue, which would normally be benign, can easily spread to other parts of the body.

PROGNOSIS

The prognosis of breast cancer depends on many factors which can interact with each other. Some of these factors include: localization, staging⁶ or the extent of cancer in the body, cell types, tumor size, tumor grade, the number and location of any regional lymph nodes that have cancer cells in them, age, tumor recurrence⁷, a person's medical history, the treatments chosen and how the person responds to those treatments.

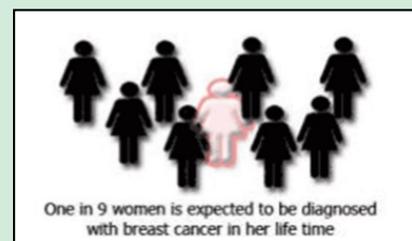
CANADIAN STATISTICS

The leading cause of deaths in Canada in 2015 was cancer, which accounted for 30% of deaths. Breast cancer is the first leading cancer in women, averaging a 25.9% if deaths in females, and a 0.2% if deaths in males in 2015. These percentages are expected to rise to about 40% in the next 15 years according to the Canadian Cancer Society.

In 2015:

- Approximately 68 Canadian women will be diagnosed with breast cancer every day.
- Approximately 14 Canadian women will die of breast cancer every day.
- 1 in 9 women is expected to develop breast cancer during her lifetime (age 90) and 1 in 29 will die from it.
- It is expected that 220 men will be diagnosed with breast cancer and 60 will die from it.⁸

The survival rate for cancer is based on a 5-year statistic. Breast cancer survival depends on many factors, as outlined above. The Canadian Cancer Society⁹ estimates a relative survival rate of Stages 0 and 1 as 100%, Stage II as 86%, Stage III as 57%, and Stage IV as 20%



CAUSES

There isn't only one cause of breast cancer, which is a combination of several factors. These include: genetic predisposition, environmental factors and lifestyle.



Some of these aspects include: long-term changes in hormonal factors, such as early age at menarche, menstrual history, breastfeeding, late age at menopause, oral contraceptive use, use of HRT (hormone replacement therapy), having dense breasts, and late age at full-term pregnancy¹⁰. Lifestyle factors include: lack of exercise¹¹, smoking, drinking alcohol, being overweight¹². Other emerging risks of breast cancer include: low vitamin D levels, light exposure at night, and eating unhealthy food. Environmental concerns, such as exposure to chemicals in food (antibiotics, pesticides, genetically modified organisms, and hormones), cosmetics, lawns, gardens, plastics, sunscreen, poor water quality, and food preparation (i.e. grilled) have also been addressed.¹³ A link between breast cancer and the use of prescription drugs as well as dental problems have also been of concern.¹⁴

Many of these factors or a combination of them, have caused the liver to not be able to perform its normal function, and allow the body to detoxify. These have caused poor elimination and excretion of toxins which accumulate in the body over a period of time.

MEDICAL PROTOCOL

Biopsies are used for screening. After breast cancer has been confirmed with biopsies, a patient might go through surgery to remove the tumor and many times the surrounding lymphatic tissue. A patient might also go through radiation and chemotherapy, either before or after surgery depending on the type of cancer and its location.¹⁵

NATURAL TREATMENTS

They promote elimination, excretion, and sweating, to reduce your toxin load. This can be done by following several changes in your diet. For example, boost your fibre intake by increasing your consumption of vegetables, like broccoli, cabbage, cauliflower, brussels sprouts, kale, other leafy greens, and onions (7-10 servings daily). Eat 2 Tbsp. of chia or milled flaxseed every day¹⁶, as these will help with elimination and detoxification. Choose organic produce, as well as organic beans and legumes, and free-range poultry and wild fish. Drink lots of purified water. Some herbs that have been used for breast cancer patients include: curcumin, ginger, garlic, cayenne, and rosemary.

Drink small meals throughout the day. Avoid using microwave ovens, and change plastic for glass containers to store your food. Add probiotics to replenish the normal flora which can be depleted by the use of antibiotics and chemotherapy.¹⁷

Manage your stress. You can try different things like yoga, meditation, tapping, and breathing techniques. If there is pain, both massages and acupuncture may be helpful. It is important to have a positive outlook in life, through affirmations or working on emotional concerns. If sleep is a problem, try using melatonin, which will also help improve the immune system. Use castor oil packs around your abdomen on a daily basis to promote detoxification.



RECOMMENDATIONS

Treat the whole person, not the illness. All types of cancer, including breast cancer, require major lifestyle changes¹⁸. Start with cleaning your environment—both internal and external. Search for biodegradable and environmentally-friendly products to clean your home, as well as natural personal products. Minimize or eliminate the consumption of sugars and refined starches, and avoid processed food that contains preservatives and food additives. Avoid cold meats and hot dogs that contain nitrites. Minimize alcohol. Since many of the causes of breast cancer are due to hormonal issues, both environmental and endogenous hormones, working to reach hormonal balance is one of the first choices to prevent and treat breast cancer.

Hormonal balance can be done using cell cycling, and other protocols that could help cleanse the liver, which is the organ that metabolizes hormones. Educate yourself about the complimentary and alternative options to prevent, manage, and treat breast cancer. The knowledge you will acquire will empower you to get the best treatments to make your body healthier, and give you some peace of mind.



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