

Health PERSPECTIVES

"Practical Insights Into The World Of Natural Healing."

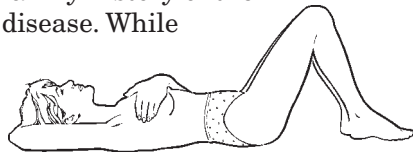
Women's Health

Preventing Breast Cancer The Natural Way

by Jade Beutler, R.R.T., R.C.P.



The threat of breast cancer has become a national health concern. It is estimated that one in eight women will now be afflicted with this potentially disfiguring and sometimes fatal disease. According to Dr. Ross Pelton, author of **Preventing Breast Cancer** the largest misconception among women is that if they do not have a family history of breast cancer, they are at low risk. This myth is simply untrue. Dr. Pelton elaborates, in stating that the majority of newly diagnosed cases of breast cancer are in women with no family history of the disease. While



mammography and self examination are effective tools in detecting the presence of a lump, a cancer may be present for as long as four years, undetectable by palpation or X-ray. Standard medical treatment for breast cancer includes lumpectomy, (partial removal of the breast) mastectomy, (total removal of the breast), chemotherapy and radiation. While sometimes effective in ameliorating the disease, the results of standard medical treatment alone can be devastating to the psyche of women and their overall health.

In this light, an aggressive preventative approach appears to be the most humane and effective means in controlling the escalating rate of breast cancer.

Natures Answer to Breast Cancer

The National Cancer Institute has begun to focus on diet as a preventative measure to avoid certain cancers. It has been found that certain fruits, vegetables and grains possess potent cancer fighting and protective compounds known as phyto-nutrients (naturally occurring and non-toxic plant chemicals).

Perhaps the most powerful phyto-nutrient plant food discovered to date is flaxseed. This ancient grain contains a phyto-nutrient called lignan, that once ingested is converted to compounds that compete with estrogen for binding sites on estrogen receptors. The net result is a flushing of excess estrogen (linked to high incidence of colon and breast cancer) from the body. Ironically, lignans may someday replace the need for estrogen therapy in post menopausal women due to the

fact that they resemble estrogen on the receptor site, but without the potential risks of estrogen therapy.

Lignans in Flaxseed Possess the Following Attributes:

- Anti-tumor
- Anti-estrogenic abilities
- Estrogen Mimicking Effect without risks associated with estrogen therapy
- Powerful Antioxidant Capabilities
- Anti-viral properties
- Anti-bacterial properties
- Anti-fungal properties

"Women with the highest breast tissue content of Omega-3 found in flax oil, have the lowest incidence of breast cancer and metastasis."

Women consuming lignan flaxseed oil products generally report a reduction in breast tenderness, bloating, hot flashes and other symptoms related to PMS and

menopause. Lignans in flaxseed also regulate women's menstrual cycle. In one study, women consuming lignans in flaxseed did not miss a single cycle, compared to the control group that missed several cycles. In addition to lignans anti-tumor and estrogen mimicking capabilities, they have also been

found to be powerful antioxidants, possessing anti-viral, anti-bacterial, and anti-fungal properties.

The cancer protective effects of flaxseed do not stop here. Flaxseed oil has also been studied for its possible preventative and protective effects against breast and other cancers. A study of one hundred and twenty women revealed that those with the highest breast tissue content of an omega-3 fatty acid found most abundantly in flaxseed oil had the lowest incidence of breast cancer. Of the women in the test group that had the misfortune of contracting breast cancer, the women with the highest Omega-3 in breast tissue also had the lowest incidence of metastasis (cancer spreading from breast to other vital tissues and organs). This fact may offer hope for women that are currently battling breast cancer and wishing to prevent metastasis.



Many women report the unexpected benefit of improved nail strength, improved skin texture and appearance, lustrous shiny hair and lack of cravings for fat laden and junk foods when supplementing their diet with flaxseed oil.

A Consumers Guide to Choosing the Right Product

To appreciate the dual protective effect of lignans and flaxseed oil, it is imperative that consumers recognize and purchase the right products. Flaxseed oil is typically found in the refrigerated section of the supplements department in your favorite health food store. Look for flaxseed oil products that are labeled as **Lignan Rich**. Due to flaxseed oils limited shelf life, it is important that you choose

products with both a **pressing date** and a **best before date** that does not exceed a 4 month span. Flaxseed oil products that have been **Fresh ExPressed** ensure you that the oil was gently expeller pressed without filtration or refinement. Fresh ExPressed oils are made to order for health food stores and sent manufacturer direct arriving just days after being made.

Benefits of Lignan Flaxseed Oil

- Prevention of Estrogen Related Cancers
- Prevention of Metastasis of Cancerous Tumors
- Reduction in Hot Flashes
- Reduction in Bloating
- Reduction in Breast Tenderness
- Regulation of Menstrual Cycle
- Improved Nail Strength
- Improvement in Skin Texture and Appearance
- Improvement in Hair Sheen and Appearance
- Lack of Cravings for Fat Laden and Junk Foods

Recommended Daily Dosage

Dr. Pelton recommends that every women, regardless of familial history of breast cancer consume at least one tablespoon of **Lignan** flaxseed oil a day as a major preventative measure against the disease. A breast cancer support group in Sacramento California has taken Dr. Peltons advice in an effort to prevent reoccurrence and metastasis (spreading) of breast cancer.

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