



For Your Breast Health

EAT ORGANICALLY

A 2003 study published in the *Journal of Agriculture and Food Chemistry* showed that levels of **antioxidants and other cancer-fighting compounds were over 50% higher in organically grown food** than in food grown conventionally. Organic foods do not contain cancer-causing pesticide residues either.

EAT VEGGIE

A vegetarian diet prevents 20-50% of all cancers. Women who eat only one serving of fruit or vegetables have 25% more breast cancers than women who eat two servings daily. A vegetarian diet is one that does not include meat, poultry or fish but may include dairy and eggs. Consume a primary vegetarian diet with 50% of the vegetables and fruit being raw. Eat 6-9 servings daily where 1 serving is equal to ½ cup of vegetables, 1 cup of salad or 1 large piece of fruit.

LOVE THAT LIMONENE

Citrus juices and peel contain flavonoids and limonene, natural anti-oxidants that inhibit the growth and proliferation of breast cancer cells. Animal studies have shown that limonene actually shrunk breast tumours. **Orange and lemon peels** are the most powerful of the citrus fruits. Add organic citrus peel to your diet by grating a little over your salad or using the peel in your tea daily.

BE RAW

Enzymes are destroyed at temperatures higher than 50°C so we should focus on eating foods rich in enzymes, including **raw fruits and vegetables**. Many vitamins are also destroyed through heating. If digestion is an issue, you can lightly steam vegetables.

BENEFICIAL BRASSICAS

Particularly potent healing vegetables include members of the brassica family which are **cabbage, broccoli, cauliflower, brussels sprouts, bok choy, kale, kohlrabi, turnips, rutabagas, radish and watercress**. We can enjoy this family by eating cole slaw several times per week, adding cabbage to soups and salads and adding broccoli and cauliflower to main dishes and salads (not to mention dipping them in hummus!) The cancer-preventing phytochemical in this vegetable is indole-3-carbinol. Heavy cooking destroys indoles.

SUPER-SEAWEEDS

Seaweeds include **nori, arame, kelp, dulse and kombu**. They offer significant protection against radiation and breast cancer. They have long been used in Chinese medicine to dissolve tumours. Seaweeds also contain a substantial amount of calcium!

FIBERRIFIC

Women whose diets are **high in fibre have 30% less risk of breast cancer** than women who have little fibre. Fibre promotes good bowel function. Regular bowel movements ensure that toxins leave the body quickly before being re-absorbed. Constipation increases cancer risk. Fibre is present in **fruits and vegetables, legumes, grains, nuts and seeds**.

FABULOUS FATS

Omega-3 fatty acids found primarily in **flaxseed oil, black current oil and cold water fish oils** protect us from breast cancer and DO NOT MAKE YOU FAT! Saturated fats found in meat, butter, animal products, coconut oil and peanut oil increase breast cancer risk. Breast cancer is more prevalent in countries with a diet high in saturated fat (Canada and USA). "Low-Fat" Diets will make us sick because essential fats are essential for life. Essential fats maintain the integrity of the cell membrane, making it less vulnerable to carcinogenic substances. If you are in good health, consume 1-2 tbsps of flaxseed oil daily, along with at least 2 tbsps of ground flaxseeds. Also, use fish oil capsules that are free of contaminants.

THOSE CANCER-FIGHTING PHYTOESTROGENS

Phytoestrogens are a varied group of substances with a chemical structure similar to estrogen. Women have a lower breast cancer risk if they have high dietary intake of phytoestrogens. These phytoestrogens prevent cancer cells from multiplying and also inhibits the formation of blood vessels that feed cancerous tumours. Phytoestrogens are found in the following foods: **tofu, soy milk, miso, fava beans, yellow peas, pinto beans, green lentils, mung beans, navy beans, black-eyed peas and kidney beans**.

SOY-LICIOUS

Not only is soy a great source for phytoestrogens, it does many other great things for our bodies. Soy protects cells from the cancer-promoting effects of radiation and chemicals. Soy increases the anti-oxidant levels of the body, enhances the immune system, lowers cholesterol and decreases the risk of heart disease. There's not much Soy doesn't do!

THE PRO'S OF PROTEIN

Protein should be sufficient but not excessive to prevent cancer. High protein diets that encourage weight loss may promote cancer by causing excess acidity in the body. Some vegetarian protein sources include: **tofu, soy, beans, lentils, chick peas, almond butter, almonds, sunflower seeds and pumpkin seeds**. Remember animal products contain saturated fats.

STAY AWAY FROM...

Animal products: due to its high saturated fat content, presence of pesticides, antibiotics and hormones

Fish: although fish oils protect us from breast cancer, fish act as reservoirs of toxic environmental chemicals. If we don't drink the water fish swim in, why would we eat the fish? Unless you know it is not contaminated with chemicals, avoid fish and eat it seldom.

Dairy: Although dairy products are high in calcium, they are reservoirs of environmental toxins, are difficult to digest and many people's immune system are stressed by them. Cows are treated with hormones and antibiotics and are fed grains that may have been sprayed with pesticides. These accumulate in the fat of the cow over its life and are discharged into its milk. We ingest these when we consume dairy products and accumulate them in our tissues over our life spans, passing them on to our children in utero and through breast milk.

White flour: Refined flour is quickly converted to sugar in the blood. Opt for whole grains instead.

Alcohol: Alcohol causes a woman to be more susceptible to breast cancer. A weekly intake of 4-7 drinks or more will increase risk. In one study the risk increase was 250% for women who drank two or more drinks daily!

Coffee: Coffee causes acidity in the body, which is a cancer-friendly environment. Coffee also causes headaches and upsets the stomach. The liver is heavily burdened when it has to detoxify caffeine.

TIPS FOR HOME CLEANING

Use Natural household cleaners. The toxins in various household products are toxic to our livers and expose us to cancer-causing agents. Many household cleaners also contain hormone-disrupting chemicals. These cleaners are also toxic to our environment. Here are some tips to replace these cleaners:

Floor cleaner: use washing soda and a bit of borax in water. Use white vinegar in your rinse for a natural shine.

Furniture polish: use filtered water to dampen a cloth and place a few drops of olive oil on the cloth.

Kitchen/Bathroom cleanser: use ¼ cup borax with ¼ cup washing soda and minimum water to clean in the kitchen and bathroom. Use dry washing soda to scour.

Laundry detergent: use ½ cup of borax per load and combine with washing soda for extra cleaning powder. For stubborn stains, try rubbing with bar soap first and/or rub with alcohol, vinegar or baking soda.

Oven cleaner: scrub with baking soda on its own or mix 1 cup of pure soap, ½ cup lemon juice with 1 gallon of water and scrub. Rinse with water.

Toilet bowl cleaner: pour 1 cup borax powder into toilet and let sit overnight. Scrub with a brush and flush. For faster action, add ¼ cup lemon juice or vinegar to the borax. Wait a few hours before scrubbing. Alternatively, open 2 vitamin C capsules and drop them into the bowl, letting the sit overnight. Scrub and flush.

Window cleaner: mix 2 tablespoons vinegar in 1L of water in a spray bottle. Clean your windows using newspapers.